

MONTGOMERY COUNTY

Montgomery County
RECREATION
DEPARTMENT

**Montgomery
Parks**
M-N-C-P-P-C

GUIDE



RECREATION AND PARK PROGRAMS | WINTER
2009



Slide into Winter



From the County Executive



OFFICE OF THE COUNTY EXECUTIVE
ROCKVILLE, MARYLAND 20850

Winter 2009



Dear Montgomery County Resident:-

Now that the days are shorter and the temperatures are dropping, it's a perfect time to take advantage of one of the offerings in this edition of the Recreation and Parks Guide.

For those looking to stay warm inside, consider the wide range of classes and opportunities at your local indoor pool. There are swimming lessons for ages six months through adults, water exercise classes, recreational and lap swim times, and scuba and lifeguard classes. And, don't miss the underwater portraits with Scuba Santa on December 7 at the Olney Swim Center to benefit the Manna Food Center.

If you're the outdoor type and want to embrace the cold temperatures, consider one of the skiing and snowboard trips. Our Recreation Department is offering day and overnight trips for middle and high school teen club members and day trips for active adults 55 and over. Also, be sure to check out the Polar Bear football league for middle school kids.

On those days when public schools have half days, our Teen Teams offer early release programs that include ice skating, bowling and indoor pool parties. And, many of our community centers have drop-in programs for all interests, including open gym time for basketball and volleyball.

Have a happy, healthy holiday season, and I hope you find time to take advantage of one or more of the classes or programs being offered through our Recreation Department.

Sincerely,

A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett

County Executive

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Registration for Winter Recreation Classes begins on Monday, November 17.



Jump In!
Swim Lesson
registration
begins on
December 10.



Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator (240-777-4925) to discuss your needs.



**Montgomery
Parks**
M-N-C-P-P-C

It's all right here!

Winter 2008

93	Montgomery Parks Table of Contents
96	Parks Facilities Directory
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144	Registration Form

Registration for most Montgomery Parks classes begins November 15.

Access Cards ...they're FREE, easy to obtain & REQUIRED!



Your Access Card helps us grow! By scanning your Access Card when entering, we can document how and when our Recreation Department facilities are being utilized by you, our customer. This leads to better facility management, improved maintenance, allows staff to maintain accurate attendance statistics and demonstrates the need for creating additional or new programming.

Your Access Card is easy to use, quick and eliminates waiting! Just scan your Access Card when you enter and you're ready to go! Scanning your card automatically signs you in.

Don't have an Access Card? Go to any Recreation Department pool, community center, or senior center. Have your picture taken, and your Access Card is printed on the spot.



1 Make a racquet in badminton!

See page 64.

2 Engard!

Get right to the "point" in a fencing class. See page 64.



3 Calling all models...

Are you ready for the catwalk?

See page 72.



4 Tumble into gymnastics, and roll into fun! See page 70.



5 Add a splash of color into winter...

Cobalt Blue, Indian Yellow or Sap Green.
Oil painting classes listed on page 36.



6 Grab your board or skis and hit the slopes.

Our teen club ski trips are sic! Call 240-777-6985 for details.



7 Perfect your 'Pass', serve a perfect 'Ace'.

Volleyball...get into the game. See page 65.

8 Journey into voice lessons

and sing your heart out! See page 48



9 Pottery, get your hands dirty

and create your own masterpiece. See page 37.



10 Saddle up to lessons.

and get ready to ride. See page 72.



11 Dance away those winter 'blues'.

Ballroom to Latin, Rhythm to Line...classes listed on pages 42-46.



12 Jump on the bus and broaden your horizons.

Day trips for seniors include visits to Annapolis, the National Botanical Gardens, the Smithsonian and more! See listing on page 85.



12 Ways to have fun this Winter

Montgomery County Recreation Department presents

Holiday Happening

A combined celebration of Holiday Happening and Winter World of Crafts!

Juried Craft Show

December 6, 2008, 10:00am-4:00pm

Over 100 artists and crafters
will be displaying their works.

Free Parking / Free Admission

301-468-4015

Bauer Drive Community Center, 14625 Bauer Drive, Rockville, MD 20853



5 Ways to Register!

RecWeb

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

Fax

240-777-6818. Available 24 hours a day, 7 days a week. Stored and processes in a secure environment.

Mail

New centralized address:
Registrar, Montgomery County Department of Recreation,
4010 Randolph Road, Silver Spring, MD 20902

Walk-in

While you wait! Registrations will be processed at the following locations:

- Recreation Department Administration Building
4010 Randolph Road, Silver Spring, MD 20902
- Recreation Indoor Pools (see page 7)
- Recreation Department Regional Offices (see page 99)

STARLine

Touch tone phone registration 240-777-8277, available 24 hours a day, 7 days a week.

For more information, visit our website at www.montgomerycountymd.gov/rec
or call our Customer Service Department at 240-777-6840



Your credit card \$ecurity is important to us!

"The Montgomery County Department of Recreation offers a variety of ways to register for its many programs and services. While we take fun seriously, we are also serious about protecting your personal information. It is our goal to provide you with an efficient and secure registration process. We appreciate your business!"

-Gabriel Alborno, Director

Out & About

Recreation Happenings Around the County



Date	Name of Event	Time	Location	Fee	Description
<i>November</i>					
<i>12</i>	Half Day Ice Skating Event	1-4pm	Rockville Ice Arena	\$5.00	Ice Skating, music and fun! Check with your After School Coordinator to see if your school is participating. 240-777-6985
<i>15&16</i>	Chris Bridges Dive Meet	call pool for details	Montgomery Aquatic Center	Free	Beginner through Advanced area diving competition. 301 468-4211
<i>December</i>					
<i>5</i>	Kuperstein Violin Duo Performs	11:00am	Long Branch Senior Center	Free	Janet and Gregory Kuperstein of the Baltimore Symphony Orchestra perform a delightful classical program.
<i>6</i>	Holiday Happenings	10-4pm	Bauer CRC	Free	Juried craft show with outstanding artists and crafters. See ad on page 4 301-468-4015
<i>7</i>	Scuba Santa	12-4pm	Olney Swim Center	*	Get your picture taken under water with Scuba Santa! *A non-perishable food donation equal to \$5. All contributions benefit Manna Food Center. Scuba gear provided for ages 12+ after receiving instruction. 240-777-6960
<i>10</i>	Santa's Workshop & Cookie Swap	6-8:30 pm	Damascus CRC	6 dozen, homemade cookies	(4 to take home, 2 to share) Homemade arts & crafts projects, singing, a visit with a jolly old man, cookie swap and more. Bring a stuffed animal or non-erishable food donation to share. 240-777-6930
<i>13</i>	Holiday Breakfast	9-noon	East County CRC	\$5 Adults \$3 for kids	Join us for a tasty breakfast and visit with Santa. Arts & crafts, games, prizes and more! 301-572-7004
<i>18</i>	Pilates Demonstration	11am	Long Branch Senior Center	Free	Strengthen your core and more with Senior Fit Director, Sarah McKechnie, demonstrating Pilates techniques.
<i>23</i>	Musical Magic	12pm	Long Branch Senior Center	Free	Maureen Ribble from National Theatre Outreach makes musical magic with holiday songs and Broadway hits. 301-431-5708
<i>January</i>					
<i>24</i>	Winter Wonderland Dance	7pm	Holiday Park Senior Center	\$5/members \$7/non-members	For teens and adults with disabilities- Join us for refreshments and a night of dancing fun. 240 777-6974



Check out our
new Mommie & Me
Snack Attack
Workshops on
page 62.

Winter Healthy

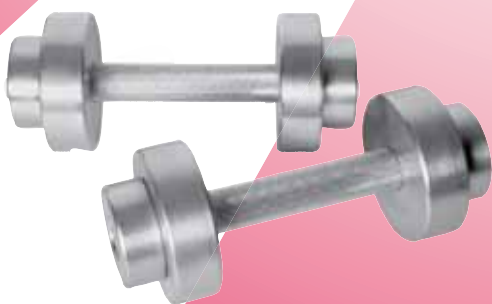
C H O I C E S

Healthy Eating Habits from the Start

Food preference begins in the womb and those habits continue until adulthood. So good nutrition must be important from the start. When we are born we respond to sweet, rejecting sour and bitter tastes. At about 4 months, the preference for salt begins and toddlers develop a love of high fat foods, mostly because both salty and high fat foods result in a pleasant full feeling afterward. An important part of food preference is the feeling associated with the food. Children like (or dislike) foods according to how they feel after ingesting it, preferring foods that are familiar and associated with good times.

So, what's the point to all this? It's that we, as adults, can shape what our children like to eat, a habit which they will carry into adulthood.

- Young children, between the ages of 1-2 years old like and will accept new foods, so shower them with variety
- Repeated exposure works... studies show that it takes at least 10 times for a kid to try something new... so be patient and don't force them- remember a big part of eating is the feelings associated with it
- Present the new food in small amounts with other foods they enjoy
- Make the experience a positive family affair by showing them how much the whole family enjoys the new foods.



AQUATICS PROGRAMS

Indoor Pools

Germantown Indoor Swim Ctr (GISC) 240-777-6830
18000 Central Park Circle, Boyds
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool also includes two one-meter and two three-meter diving boards, plus multiple level water slides.



Martin Luther King, Jr Swim Ctr (MLK) 301-989-1206
1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 301-468-4211

5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a leisure pool, two spas, an interior water slide, a weight and exercise room, locker and shower facilities, and saunas.



Olney Indoor Swim Center (OSC) 301-570-1210
16605 Georgia Avenue, Olney
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Swimming Instruction

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. **PLEASE REGISTER ACCORDINGLY.**

See *Swim Lessons*, beginning on page 13.

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool management for additional information. Ask the Cashier about Punch 12 Discount Cards.

Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.

For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter: www.montgomerycountymd.gov/rec
Click the Programs dropdown and select Aquatics, and click go.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.



Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 Waterworks: Sally Dimsdale 301-593-1609 sallyswaterworks@msn.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions \$48

Instructor: Peggy Brower

229062 M L King SwC 1/5 M 10:00am - 10:50am

229063 M L King SwC 1/7 W 10:00am - 10:50am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

9 Sessions \$48

Instructor: Peggy Brower

229064 M L King SwC 1/6 Tu 8:30am - 9:20am

229065 M L King SwC 1/8 Th 8:30am - 9:20am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross training and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

9 Sessions \$48

Instructor: Peggy Brower

229076 M L King SwC 1/5 M 1:00pm - 1:50pm

229074 M L King SwC 1/6 Tu 7:30am - 8:20am

229071 M L King SwC 1/7 W 1:00pm - 1:50pm

229107 Germantown In SwC 1/7 W 10:30am - 11:20am

229075 M L King SwC 1/8 Th 7:30am - 8:20am

Instructor: Sally Dimsdale

229077 Montgomery AqC 1/5 M 8:30am - 9:20am

229078 Montgomery AqC 1/5 M 1:30pm - 2:20pm

229082 Montgomery AqC 1/6 Tu 10:00am - 10:50am

229085 Montgomery AqC 1/6 Tu 7:30pm - 8:20pm

229079 Montgomery AqC 1/7 W 1:30pm - 2:20pm

229080 Montgomery AqC 1/7 W 8:30am - 9:20am

229083 Montgomery AqC 1/8 Th 10:00am - 10:50am

229086 Montgomery AqC 1/8 Th 7:30pm - 8:20pm

229081 Montgomery AqC 1/9 F 8:30am - 9:20am

229084 Montgomery AqC 1/9 F 1:30pm - 2:20pm

Instructor: Network, Inc Wellness

229094 Olney SwC 1/5 M 7:00pm - 7:50pm

229097 Olney SwC 1/5 M 6:30am - 7:20am

229103 Germantown In SwC 1/5 M 7:30pm - 8:20pm

229072 M L King SwC 1/6 Tu 7:00pm - 7:50pm

229087 Olney SwC 1/6 Tu 8:00pm - 8:50pm

229088 Olney SwC 1/6 Tu 8:30am - 9:20am

229092 Olney SwC 1/6 Tu 10:30am - 11:20am

229105 Germantown In SwC 1/6 Tu 9:30am - 10:20am

229095 Olney SwC 1/7 W 7:00pm - 7:50pm

229096 Olney SwC 1/7 W 1:30pm - 2:20pm

229098 Olney SwC 1/7 W 6:30am - 7:20am

229104 Germantown In SwC 1/7 W 8:30pm - 9:20pm

229073 M L King SwC 1/8 Th 7:00pm - 7:50pm

229089 Olney SwC 1/8 Th 8:00pm - 8:50pm

229090 Olney SwC 1/8 Th 8:30am - 9:20am

229093 Olney SwC 1/8 Th 10:30am - 11:20am

229101 Germantown In SwC 1/8 Th 9:30am - 10:20am

229091 Olney SwC 1/9 F 6:00pm - 6:50pm

229099 Olney SwC 1/9 F 1:30pm - 2:20pm

229102 Germantown In SwC 1/9 F 1:00pm - 1:50pm



Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions \$48

Instructor: Sally Dimsdale

229168	Montgomery AqC	1/5	M	9:30am - 10:20am
229164	Montgomery AqC	1/6	Tu	8:30am - 9:20am
229166	Montgomery AqC	1/7	W	9:30am - 10:20am
229165	Montgomery AqC	1/8	Th	8:30am - 9:20am
229167	Montgomery AqC	1/9	F	9:30am - 10:20am

Instructor: Network, Inc Wellness

229173	Olney SwC	1/5	M	1:30pm - 2:20pm
229162	M L King SwC	1/6	Tu	8:00pm - 8:50pm
229169	Olney SwC	1/6	Tu	7:00pm - 7:50pm
229171	Olney SwC	1/6	Tu	9:30am - 10:20am
229174	Germantown In SwC	1/7	W	7:30pm - 8:20pm
229163	M L King SwC	1/8	Th	8:00pm - 8:50pm
229170	Olney SwC	1/8	Th	7:00pm - 7:50pm
229172	Olney SwC	1/8	Th	9:30am - 10:20am
229175	Germantown In SwC	1/8	Th	10:30am - 11:20am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions \$48

Instructor: Sally Dimsdale

229178	Montgomery AqC	1/5	M	11:00am - 11:50am
229179	Montgomery AqC	1/7	W	11:00am - 11:50am
229180	Montgomery AqC	1/9	F	11:00am - 11:50am

Instructor: Network, Inc Wellness

229181	Olney SwC	1/5	M	10:00am - 10:50am
229176	M L King SwC	1/6	Tu	10:30am - 11:20am
229182	Olney SwC	1/7	W	10:00am - 10:50am
229177	M L King SwC	1/8	Th	10:30am - 11:20am
229183	Olney SwC	1/9	F	10:00am - 10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions \$48

Instructor: Peggy Brower

229185	M L King SwC	1/5	M	9:00am - 9:50am
229190	Germantown In SwC	1/5	M	9:30am - 10:20am
229188	Germantown In SwC	1/6	Tu	7:30pm - 8:20pm
229186	M L King SwC	1/7	W	9:00am - 9:50am
229191	Germantown In SwC	1/7	W	9:30am - 10:20am
229189	Germantown In SwC	1/8	Th	7:30pm - 8:20pm
229187	M L King SwC	1/9	F	9:00am - 9:50am
229192	Germantown In SwC	1/9	F	9:30am - 10:20am

Instructor: Sally Dimsdale

229193	Montgomery AqC	1/5	M	8:30pm - 9:20pm
229194	Montgomery AqC	1/6	Tu	11:30am - 12:20pm
229197	Montgomery AqC	1/6	Tu	8:30pm - 9:20pm
229195	Montgomery AqC	1/7	W	8:30pm - 9:20pm
229196	Montgomery AqC	1/8	Th	11:30am - 12:20pm

Instructor: Network, Inc Wellness

229200	Olney SwC	1/5	M	8:00pm - 8:50pm
229202	Olney SwC	1/5	M	9:00am - 9:50am
229198	Olney SwC	1/7	W	9:00am - 9:50am
229201	Olney SwC	1/7	W	8:00pm - 8:50pm
229199	Olney SwC	1/9	F	9:00am - 9:50am

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

9 Sessions \$48

Instructor: Peggy Brower

229066	M L King SwC	1/9	F	10:00am - 10:50am
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Land-Based Instruction

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

9 Sessions \$48

Instructor: Sally Dimsdale

229069	Montgomery AqC	1/6	Tu	6:30pm - 7:20pm
229070	Montgomery AqC	1/8	Th	6:30pm - 7:20pm
229068	Montgomery AqC	1/9	F	7:30am - 8:20am

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions \$69

Instructor: Sally Dimsdale

229111	Germantown In SwC	1/3	Sa	8:30am - 9:30am
229108	Olney SwC	1/3	Sa	8:30am - 9:30am
229109	Olney SwC	1/6	Tu	7:00pm - 8:00pm
229110	Olney SwC	1/8	Th	7:00pm - 8:00pm



Competitive Programs

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Summer practice may change due to scheduling conflicts. The Fall/Winter session of RMSC runs September 8, 2008 to March 29, 2009.

GERMANTOWN INDOOR SWIM CENTER

For information contact Pam Ambrose at 240-777-6830 or Pam.Ambrose@montgomerycountymd.gov.

MINIS (226433) \$775

T, W, Th 5:30pm-6:30pm
Sunday 7:00am-8:00am

Recommended attendance: 2/week

JUNIORS 1 (226436) \$765

Monday 5:30pm-6:30pm
Wednesday 6:30pm-7:30pm
Friday 5:00pm-6:00pm

Recommended attendance: 2/week.

JUNIORS 2 (226437) \$775

M, Th, F 6:30pm-7:30pm
Sunday 7:00am-8:00am

Recommended attendance: 3/week.

ADVANCED JUNIORS (226438) \$1000

M, F 6:00pm-7:30pm
Tu, Th 6:30pm-7:30pm
Sunday 7:00am-8:00am

Recommended attendance: 3-5/week

SENIORS (226439) \$875

Monday 4:45am-6:00am
Tuesday 4:45pm-6:00pm
Th, F 3:30pm-5:00pm

Recommended attendance: 2/week.

ADVANCED SENIORS (226440) \$1100

M, W 3:30pm-5:30pm
Tuesday 3:30pm-5:00pm
Tu, Th 4:45am-6:15am
Friday 3:30pm-5:00pm
Saturday 5:30am-7:30am

* Required practice. Minimum practices required: 5/week.

NDG (226441) \$1100

Tu, W 6:00pm-7:30pm
Th, F 5:00pm-6:30pm
Saturday 7:00am-9:00am

Minimum practices required: 5/week

NTG (226442) \$1300

M, W 3:30pm-6:30pm
Tu, Th, F 3:30pm-5:30pm
Saturday 6:00am-9:00am
M, W, F 4:45am-6:00am

Minimum practices required: 7/week

*Friday practice is required. Minimum practices required: 6/week.

MONTGOMERY AQUATIC CENTER

For information contact Christa Krukiel at 301-468-4211 or Christa.Krukiel@montgomerycountymd.gov.

MINIS (226412) \$775

M, W 6:00pm-7:00pm
Tu, Th 5:00pm-5:45pm

Recommended attendance: 2/week.

JUNIORS (226413) \$775

M, W, F 5:00pm-6:00pm
Sunday 8:45am-10:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS (226414) \$1000

Tu, Th 5:45pm-7:15pm
Wednesday 6:15pm-7:30pm
Friday 5:45pm-7:00pm
Sunday 7:00am-9:00am

Required attendance: 3-5/week.

SENIORS

OPTION 1 (226416) \$875

M, W, & F 3:30pm-5:00pm
Thursday 4:45am-6:15am
Sunday 6:00am-8:00am

OPTION 2 (226418) \$875

Tu, F 3:30pm-5:00pm
Tuesday 4:45am-6:15am
Sunday 6:00am-8:00am

Recommended attendance 3/week.

ADVANCED SENIORS (226415) \$1100

M-Th 3:30pm-5:00pm
Tu, Th, F 4:45am-6:15am
Sunday 6:00am-8:00am

Minimum practices required: 6/week.

NDG (226417) \$1100

M, Tu, Th, & F 6:00pm-7:30pm
W, F 4:45am-6:15am
Saturday 5:00am-8:00am

Minimum practices required: 5/week.

NTG (226419) \$1300

M, Tu, Th, & F 3:30pm-6:00pm
Wednesday 3:30pm-6:15pm
Tu-F 4:45am-6:15am
Saturday 5:00am-8:00am

Minimum practices required: 7/week.

Notice:

The program fee covers only the practice time and locker room use. If you wish to use the facility before or after practice, you must pay the admission.





OLNEY SWIM CENTER

For information contact Carey Apple at 301-570-1210 or Carey.Apple@montgomerycountymd.gov.

MINIS (226427)		\$775
Tu, Th, & F	6:00pm-7:00pm	
Recommended attendance: 2/week.		
JUNIOR 1 (226428)		\$765
Tuesday	5:00pm-6:00pm	
Thursday	6:00pm-7:00pm	
Sunday	8:00am-9:00am	
Recommended attendance: 2/week.		
JUNIOR 2 (226429)		\$775
Tu, W	6:00pm-7:00pm	
Friday	5:00pm-6:00pm	
Sunday	7:30am-8:30am	
Recommended attendance: 3/week.		
ADVANCED JUNIORS (226430)		\$1000
Monday	6:00pm-7:00pm	
Th, F	5:00pm-6:00pm	
Wednesday	5:30pm-7:00pm	
Sunday	7:30am-9:00am	
Required attendance: 3-5/week.		
SENIORS (226431)		\$875
Tu-F	3:45pm-5:00pm	
Recommended attendance: 3/week.		
ADVANCED SENIORS (226432)		\$1100
M, W, & F	3:45pm-5:30pm	
Tuesday	3:45pm-5:00pm	
Tu, Th	4:45am-6:00am	
Saturday	5:30am-7:30am	
Required attendance: 5/week.		
NDG (226434)		\$1100
M, F	5:30pm-7:00pm	
Tu, Th	5:00pm-7:00pm	
Sunday	7:00am-9:00am	
Minimum practices required: 4/week.		
NTG (226435)		\$1300
M-Th	3:45pm-6:00pm	
Friday	3:45pm-5:00pm	
Saturday	6:00am-9:00am	
M, W, & F	4:45am-6:00am	
Minimum practices required: 7/week.		

MARTIN LUTHER KING, JR. SWIM CENTER

For information contact Herb Poe at 301-989-1206 or Herb.Poe@montgomerycountymd.gov.

MINIS (226420)		\$775
M, W	5:00pm-6:00pm	
Friday	4:30pm-5:30pm	
Recommended attendance: 2-3/week.		
JUNIORS (226421)		\$775
M, W	6:00pm-7:00pm	
Friday	5:30pm-7:00pm	
Sunday	6:00am-8:00am	
Recommended attendance: 3/week.		
ADVANCED JUNIORS (226422)		\$1000
Monday	5:30pm-6:00pm DRYLAND	
Monday	6:00pm-7:00pm	
W, F	5:00pm-6:30pm	
Sunday	6:00am-8:00am	
Required attendance: 3-4/week.		
Additional dryland practices may be required.		
SENIORS (226423)		\$875
M-F	3:30pm-5:00pm	
Mondays are dry land.		
Recommended attendance: 3/week.		
ADVANCED SENIORS (226424)		\$1100
Tu-F	3:30pm-5:00pm*	
Saturday	6:00am-9:00am	
M, F	4:45pm-6:30pm	
Minimum attendance required: 5/week.		
Saturday mornings required.		
* Dryland practice required until 5:45pm.		
NDG (226425)		\$1100
Monday	4:00pm-6:00pm	
Tu, Th	5:00pm-6:30pm	
Friday	5:00pm-7:00pm	
Sunday	6:00am-9:00am	
Wednesday	4:45am-6:30am	
Minimum attendance required: 5/week.		
Dryland practices are required. Times TBA.		
NTG (226426)		\$1300
Monday	4:00pm-6:30pm	
Tu, Th	4:30pm-7:15pm	
Wednesday	5:00pm-7:00pm	
Saturday	6:00am-9:00am	
M, W, & F	4:45am-6:30am	
Minimum attendance required: 6-7/week.		
Dryland practices are required. Times TBA.		
Friday and Saturday practices are required.		



Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. Program flyers are available at each pool, or call MDC at 1-301-829-2303 or visit www.montgomerydiveclub.org. Practice schedules will be available at each swim center and online.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

Kinder Dive (GISC): This is a new program geared to help young children (4–6 years old) to get comfortable in the water, learn basic tumbling skills, basic trampoline and spatial orientation activities in the water.

Home School (GISC): This is a new program offered to home schooled students. This program is offered to kids with an interest in learning basic diving skills and water skills to raise their comfort in deep water for diving.

Dive Lessons (GISC/MAC/MLK/OSC): In this program there are many prerequisite skills learned on the tumbling mats along with the diving skills. All of these skills must be learned before joining our competitive programs. Each diver will receive a certificate at the end of the session illustrating which skills have been learned.

High School (GISC/MAC): These groups are for kids age 14 and older interested in preparing for the team programs in the future or just preparing for high school level and summer league level diving competitions.

Pre-Team (GISC/MAC/MLK/OSC): Registration for this program is limited to invitation only. This group is intended as a stepping stone into our competitive team programs. Strength and flexibility training is crucial for this group.

Dive Team (GISC/MAC): Registration for this program is limited to invitation only. Participants must attend a minimum of 5 practices per week and must meet strength and flexibility requirements as well as skill requirements.

Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

Montgomery Stroke & Turn Clinic

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 26, 2008 and run to May 17, 2009. There will be no clinic on November 30, December 28, January 4, February 1, April 5 & 12, and two other Sundays which will be announced at the first session. Registration began July 9, 2008.



24 Sessions

\$315.00

Instructor: clinics MSTC

217755	ML King SwC	10/26 Su	6:00pm-7:00pm
217756	ML King SwC	10/26 Su	7:00pm-8:00pm

SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. All participants and parents should attend the first class. Students will be assigned groups and start time at the first class.

16 Sessions

\$180.00

Registration begins 11/24 at 6:30am.

Instructor: clinics MSTC

224636	Germantown ISC	1/13 Tu, Th	7:30pm-8:20pm
224637	Montgomery AqC	1/13 Tu, Th	7:20pm-8:10pm

20 Sessions

\$180.00

Registration begins 11/17 at 6:30am. Participation at Olney will be evaluated at the first session and given a class time for the remaining sessions.

Instructor: clinics MSTC

224634	Olney SwC	12/1 M, W	7:00pm-7:45pm
224634	Olney SwC	12/1 M, W	7:45pm-8:30pm

Masters Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

226158	1 day per week	\$90
226159	2 days per week	\$130
226160	3 days per week	\$170
226161	4 days per week	\$210
226162	5 days per week	\$250

Practice Schedule

GISC	M,W,F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
MAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm

RecWeb...
easy, fast, secure!
montgomerycountymd.gov/rec



Safety Training 2008

Germantown Indoor Swim Center (GISC) 240-777-6830
Martin Luther King Pool (MLK) 301-989-1206
Montgomery Aquatic Center (MAC) 301-468-4211
Olney Swim Center (OSC) 301-570-1210

MCRD Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

To ensure security of your credit card information, payments by Visa or MasterCard must be done on-line or in person at the facility.

Lifeguard Training

\$175

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer, First Aid and AED. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR and AED for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The pre-course consists of 300 meter swim (100 front crawl, 100 breaststroke, 100 either front crawl or breaststroke); and swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.



Olney Swim Center

LGT 2: Course #227283

Pre-course	Saturday, Jan. 3, 2009	4:00pm	5:30pm
Session 1	Sunday, Jan. 4, 2009	5:00pm	9:00pm
Session 2	Wednesday, Jan. 7, 2009	6:30pm	10:00pm
Session 3	Sunday, Jan. 11, 2009	5:00pm	9:00pm
Session 4	Wednesday, Jan. 14, 2009	6:30pm	10:00pm
Session 5	Sunday, Jan. 18, 2009	5:00pm	9:00pm
Session 6	Wednesday, Jan. 21, 2009	6:30pm	10:00pm
Session 7	Sunday, Jan. 25, 2009	5:00pm	9:00pm
Session 8	Wednesday, Jan. 28, 2009	6:30pm	10:00pm
Session 9	Sunday, Feb. 1, 2009	5:00pm	9:00pm
Session 10	Wednesday, Feb. 4, 2009	6:30pm	10:00pm

LGT 3: Course #227284

Pre-course	Saturday, Feb. 21, 2009	4:00pm	5:30pm
Session 1	Sunday, Feb. 22, 2009	1:30pm	9:00pm
Session 2	Wednesday, Feb. 25, 2009	6:30pm	10:00pm
Session 3	Sunday, Mar. 1, 2009	1:30pm	9:00pm
Session 4	Wednesday, Mar. 4, 2009	6:30pm	10:00pm
Session 5	Sunday, Mar. 8, 2009	1:30pm	9:00pm
Session 6	Wednesday, Mar. 11, 2009	6:30pm	10:00pm
Session 7	Sunday, Mar. 15, 2009	1:30pm	9:00pm
Session 8	Wednesday, Mar. 18, 2009	6:30pm	10:00pm
Session 9	Sunday, Mar. 22, 2009	1:30pm	9:00pm
Session 10	Sunday, Mar. 29, 2009	1:30pm	9:00pm

LGT 4: Course #227285

Pre-course	Wednesday, Apr. 1, 2009	8:00pm	9:30pm
Session 1	Sunday, Apr. 5, 2009	9:00am	12:30pm
Session 2	Monday, Apr. 6, 2009	9:00am	12:00pm
Session 3	Monday, Apr. 6, 2009	12:30pm	4:30pm
Session 4	Tuesday, Apr. 7, 2009	9:00am	12:00pm
Session 5	Tuesday, Apr. 7, 2009	12:30pm	4:30pm
Session 6	Wednesday, Apr. 8, 2009	9:00am	12:00pm
Session 7	Wednesday, Apr. 8, 2009	12:30pm	4:30pm
Session 8	Thursday, Apr. 9, 2009	9:00am	12:30pm
Session 9	Friday, Apr. 10, 2009	9:00am	12:30pm
Session 10	Saturday, Apr. 11, 2009	10:00am	1:30pm

LGT 5: Course #227286

Pre-course	Wednesday, Apr. 15, 2009	6:30pm	10:00pm
Session 1	Sunday, Apr. 19, 2009	5:30pm	9:00pm
Session 2	Wednesday, Apr. 22, 2009	6:30pm	10:00pm
Session 3	Sunday, Apr. 26, 2009	5:30pm	9:00pm
Session 4	Wednesday, Apr. 29, 2009	6:30pm	10:00pm
Session 5	Sunday, May 3, 2009	5:30pm	9:00pm
Session 6	Wednesday, May 6, 2009	6:30pm	10:00pm
Session 7	Sunday, May 10, 2009	5:30pm	9:00pm
Session 8	Wednesday, May 13, 2009	6:30pm	10:00pm
Session 9	Sunday, May 17, 2009	5:30pm	9:00pm
Session 10	Wednesday, May 20, 2009	6:30pm	10:00pm

LGT 6: Course #227289

Pre-course	Saturday, Jun. 20, 2009	4:00pm	5:30pm
Session 1	Sunday, Jun. 21, 2009	5:30pm	9:00pm
Session 2	Wednesday, Jun. 24, 2009	6:30pm	10:00pm
Session 3	Sunday, Jun. 28, 2009	5:30pm	9:00pm
Session 4	Wednesday, Jul. 1, 2009	6:30pm	10:00pm
Session 5	Sunday, Jul. 5, 2009	5:30pm	9:00pm
Session 6	Wednesday, Jul. 8, 2009	6:30pm	10:00pm
Session 7	Sunday, Jul. 12, 2009	5:30pm	9:00pm
Session 8	Wednesday, Jul. 15, 2009	6:30pm	10:00pm
Session 9	Sunday, Jul. 19, 2009	5:30pm	9:00pm
Session 10	Wednesday, Jul. 22, 2009	6:30pm	10:00pm



Montgomery Aquatic Center**LGT 2: Course #224954**

Pre-course	Friday, Jan. 2, 2009	6:30pm	8:30pm
Session 1	Sunday, Jan. 4, 2009	9:00am	12:00pm
Session 2	Wednesday, Jan. 7, 2009	6:30pm	9:30pm
Session 3	Friday, Jan. 9, 2009	6:30pm	9:30pm
Session 4	Sunday, Jan. 11, 2009	9:00am	12:00pm
Session 5	Wednesday, Jan. 14, 2009	6:30pm	9:30pm
Session 6	Friday, Jan. 16, 2009	6:30pm	9:30pm
Session 7	Sunday, Jan. 18, 2009	9:00am	12:00pm
Session 8	Wednesday, Jan. 21, 2009	6:30pm	9:30pm
Session 9	Friday, Jan. 23, 2009	6:30pm	9:30pm
Session 10	Sunday, Jan. 25, 2009	9:00am	12:00pm

LGT 3: Course #224955

Pre-course	Friday, Feb. 6, 2009	6:30pm	8:30pm
Session 1	Sunday, Feb. 8, 2009	9:00am	12:00pm
Session 2	Wednesday, Feb. 11, 2009	6:30pm	9:30pm
Session 3	Friday, Feb. 13, 2009	6:30pm	9:30pm
Session 4	Sunday, Feb. 15, 2009	9:00am	12:00pm
Session 5	Wednesday, Feb. 18, 2009	6:30pm	9:30pm
Session 6	Friday, Feb. 20, 2009	6:30pm	9:30pm
Session 7	Sunday, Feb. 22, 2009	9:00am	12:00pm
Session 8	Wednesday, Feb. 25, 2009	6:30pm	9:30pm
Session 9	Friday, Feb. 27, 2009	6:30pm	9:30pm
Session 10	Sunday, Mar. 1, 2009	9:00am	12:00pm

LGT 4: Course #224956

Pre-course	Friday, Apr. 3, 2009	6:30pm	9:00pm
Session 1	Saturday, Apr. 4, 2009	8:30am	11:30am
Session 2	Sunday, Apr. 5, 2009	8:30am	11:30am
Session 3	Monday, Apr. 6, 2009	8:30am	11:30am
Session 4	Monday, Apr. 6, 2009	12:00pm	3:00pm
Session 5	Tuesday, Apr. 7, 2009	8:30am	11:30am
Session 6	Tuesday, Apr. 7, 2009	12:00pm	3:00pm
Session 7	Wednesday, Apr. 8, 2009	8:30am	11:30am
Session 8	Thursday, Apr. 9, 2009	8:30am	11:30am
Session 9	Friday, Apr. 10, 2009	8:30am	11:30am
Session 10	Saturday, Apr. 11, 2009	8:30am	12:00pm

LGT 5: Course #224957

Pre-course	Friday, Apr. 3, 2009	6:30pm	9:00pm
Session 1	Saturday, Apr. 4, 2009	3:00pm	6:00pm
Session 2	Saturday, Apr. 4, 2009	6:30pm	9:30pm
Session 3	Sunday, Apr. 5, 2009	6:00pm	9:00pm
Session 4	Monday, Apr. 6, 2009	6:00pm	9:00pm
Session 5	Tuesday, Apr. 7, 2009	6:00pm	9:00pm
Session 6	Wednesday, Apr. 8, 2009	3:00pm	6:00pm
Session 7	Wednesday, Apr. 8, 2009	6:30pm	9:30pm
Session 8	Thursday, Apr. 9, 2009	6:00pm	9:00pm
Session 9	Friday, Apr. 10, 2009	6:00pm	9:00pm
Session 10	Saturday, Apr. 11, 2009	6:00pm	9:30pm

LGT 6: Course #224958

Pre-course	Friday, Apr. 17, 2009	6:30pm	9:00pm
Session 1	Sunday, Apr. 19, 2009	9:00am	12:00pm
Session 2	Sunday, Apr. 19, 2009	12:30pm	3:30pm
Session 3	Wednesday, Apr. 22, 2009	6:30pm	9:30pm
Session 4	Friday, Apr. 24, 2009	6:30pm	9:30pm
Session 5	Sunday, Apr. 26, 2009	9:00am	12:00pm
Session 6	Sunday, Apr. 26, 2009	12:30pm	3:30pm
Session 7	Wednesday, Apr. 29, 2009	6:30pm	9:30pm
Session 8	Friday, May 1, 2009	6:30pm	9:30pm
Session 9	Sunday, May 3, 2009	9:00am	12:00pm
Session 10	Sunday, May 3, 2009	12:30pm	3:30pm

LGT 7: Course #224959

Pre-course	Friday, Jun. 12, 2009	6:30pm	9:00pm
Session 1	Sunday, Jun. 14, 2009	9:00am	12:00pm
Session 2	Sunday, Jun. 14, 2009	12:30pm	3:30pm
Session 3	Wednesday, Jun. 17, 2009	3:00pm	6:00pm
Session 4	Wednesday, Jun. 17, 2009	6:30pm	9:30pm
Session 5	Friday, Jun. 19, 2009	3:00pm	6:00pm
Session 6	Friday, Jun. 19, 2009	6:30pm	9:30pm
Session 7	Sunday, Jun. 21, 2009	9:00am	12:00pm
Session 8	Sunday, Jun. 21, 2009	12:30pm	3:30pm
Session 9	Wednesday, Jun. 24, 2009	3:00pm	6:00pm
Session 10	Wednesday, Jun. 24, 2009	6:30pm	9:30pm

Get your picture taken underwater with Scuba Santa!

December 7, 2008, 12:00-4:00pm

Olney Swim Center

Ages 12+ may use provided scuba equipment after receiving instruction.

Those 11 and younger can hold their breath and swim down for a quick action shot with Santa.

Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

Call 301-570-1210 for details.

Fee: Non-perishable food equal to \$5 or more is suggested. Cash contributions are also accepted. All contributions benefit Manna Food Center.



Martin Luther King, Jr. Swim Center

LGT 2: Course #224401

Pre-course	Tuesday, Jan. 20, 2009	6:30pm	9:30pm
Session 1	Sunday, Jan. 25, 2009	9:00am	12:00pm
Session 2	Monday, Jan. 26, 2009	6:30pm	9:30pm
Session 3	Tuesday, Jan. 27, 2009	6:30pm	9:30pm
Session 4	Sunday, Feb. 1, 2009	9:00am	12:00pm
Session 5	Monday, Feb. 2, 2009	6:30pm	9:30pm
Session 6	Tuesday, Feb. 3, 2009	6:30pm	9:30pm
Session 7	Sunday, Feb. 8, 2009	9:00am	12:30pm
Session 8	Monday, Feb. 9, 2009	6:30pm	9:30pm
Session 9	Tuesday, Feb. 10, 2009	6:30pm	9:30pm
Session 10	Monday, Feb. 16, 2009	6:30pm	9:30pm

LGT 3: Course #224402

Pre-course	Monday, Apr. 6, 2009	9:00am	12:00pm
Session 1	Monday, Apr. 6, 2009	12:00pm	3:00pm
Session 2	Tuesday, Apr. 7, 2009	9:00am	12:00pm
Session 3	Tuesday, Apr. 7, 2009	12:00pm	3:00pm
Session 4	Wednesday, Apr. 8, 2009	9:00am	12:00pm
Session 5	Wednesday, Apr. 8, 2009	12:00pm	3:00pm
Session 6	Thursday, Apr. 9, 2009	9:00am	12:00pm
Session 7	Thursday, Apr. 9, 2009	12:00pm	3:00pm
Session 8	Friday, Apr. 10, 2009	9:00am	12:00pm
Session 9	Friday, Apr. 10, 2009	12:00pm	3:00pm

LGT 4: Course #224403

Pre-course	Monday, Apr. 20, 2009	6:30pm	9:30pm
Session 1	Tuesday, Apr. 21, 2009	6:30pm	9:30pm
Session 2	Saturday, Apr. 25, 2009	9:00am	12:00pm
Session 3	Monday, Apr. 27, 2009	6:30pm	9:30pm
Session 4	Tuesday, Apr. 28, 2009	6:30pm	9:30pm
Session 5	Saturday, May 2, 2009	9:00am	12:00pm
Session 6	Monday, May 4, 2009	6:30pm	9:30pm
Session 7	Tuesday, May 5, 2009	6:30pm	9:30pm
Session 8	Saturday, May 9, 2009	9:00am	12:00pm
Session 9	Monday, May 11, 2009	6:30pm	9:30pm
Session 10	Tuesday, May 12, 2009	6:30pm	9:30pm



Germantown Indoor Swim Center

LGT 2: Course #226365

Pre-course	Wednesday, Jan. 21, 2009	8:00pm	9:30pm
Session 1	Sunday, Jan. 25, 2009	10:00am	4:30pm
Session 2	Wednesday, Jan. 28, 2009	6:30pm	9:30pm
Session 3	Sunday, Feb. 1, 2009	10:00am	4:30pm
Session 4	Wednesday, Feb. 4, 2009	6:30pm	9:30pm
Session 5	Sunday, Feb. 8, 2009	10:00am	4:30pm
Session 6	Wednesday, Feb. 11, 2009	6:30pm	9:30pm
Session 7	Sunday, Feb. 15, 2009	10:00am	4:30pm

LGT 3: Course #226366

Pre-course	Sunday, Mar. 29, 2009	3:00pm	4:30pm
Session 1	Monday, Apr. 6, 2009	2:00pm	9:00pm
Session 2	Tuesday, Apr. 7, 2009	2:00pm	9:00pm
Session 3	Wednesday, Apr. 8, 2009	2:00pm	9:00pm
Session 4	Thursday, Apr. 9, 2009	2:00pm	9:00pm
Session 5	Friday, Apr. 10, 2009	2:00pm	9:00pm

LGT 4: Course #226367

Pre-course	Sunday, Mar. 22, 2009	3:00pm	4:30pm
Session 1	Wednesday, Apr. 15, 2009	6:30pm	9:30pm
Session 2	Sunday, Apr. 19, 2009	10:00am	4:30pm
Session 3	Sunday, Apr. 26, 2009	10:00am	4:30pm
Session 4	Wednesday, Apr. 29, 2009	6:30pm	9:30pm
Session 5	Sunday, May 3, 2009	10:00am	4:30pm
Session 6	Wednesday, May 6, 2009	6:30pm	9:30pm
Session 7	Sunday, May 10, 2009	10:00am	4:30pm

LGT 5: Course #226369

Pre-course	Wednesday, Jun. 17, 2009	8:00pm	9:30pm
Session 1	Sunday, Jun. 21, 2009	10:00am	4:30pm
Session 2	Wednesday, Jun. 24, 2009	6:30pm	9:30pm
Session 3	Sunday, Jun. 28, 2009	10:00am	4:30pm
Session 4	Wednesday, Jul. 1, 2009	6:30pm	9:30pm
Session 5	Sunday, Jul. 5, 2009	10:00am	4:30pm
Session 6	Wednesday, Jul. 8, 2009	6:30pm	9:30pm
Session 7	Sunday, Jul. 12, 2009	10:00am	1:00pm

What Do You Have to Say?

Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

Survey is available at montgomerycountymd.gov/content/rec/survey.asp.

Your comments will help us to improve our services.



Lifeguard Instructor Training**\$270**

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old.

Montgomery Aquatic Center**LGI 1:** Course #224950

Session	Date	Begins	Ends
	Wednesday, Mar. 4, 2009	6:30pm	9:30pm
	Friday, Mar. 6, 2009	6:30pm	9:30pm
	Sunday, Mar. 8, 2009	9:00am	4:00pm
	Wednesday, Mar. 11, 2009	6:30pm	9:30pm
	Friday, Mar. 13, 2009	6:30pm	9:30pm
	Sunday, Mar. 15, 2009	9:00am	4:00pm
	Wednesday, Mar. 18, 2009	6:30pm	9:30pm
	Friday, Mar. 20, 2009	6:30pm	9:30pm
	Sunday, Mar. 22, 2009	9:00am	4:00pm
	Wednesday, Mar. 25, 2009	6:30pm	9:30pm
	Friday, Mar. 27, 2009	6:30pm	9:30pm
	Sunday, Mar. 29, 2009	9:00am	12:00pm

CPR/FPR/AED**\$70**

This course will certify you in CPR/FPR/AED (for lifeguarding). Participants should be CURRENTLY lifeguard certified by the American Red Cross. Registrants need to bring their own pocket mask and lifeguarding textbook. Pocket masks are available for \$15.

Montgomery Aquatic Center**CPR/FPR/AED 1:** Course #224951

Session	Date	Begins	Ends
Session 1	Wednesday, Jun. 3, 2009	6:00pm	10:00pm
Session 2	Friday, Jun. 5, 2009	6:00pm	10:00pm

CPR/FPR/AED 2: Course #224952

Session	Date	Begins	Ends
Session 1	Tuesday, Jun. 4, 2009	6:00pm	10:00pm
Session 2	Thursday, Jun. 6, 2009	6:00pm	10:00pm

Scuba Instruction

Learn to SCUBA dive. Train and prepare for certification locally or at your vacation destination through our referral program. SCUBA training will include weekly lectures and pool training in an Olympic size pool. Your program will stress diving safety and include training in the safe use of Skin and SCUBA diving equipment, such as air tanks, buoyancy control devices, SCUBA regulators, and more. Your course fee includes use of air tanks, buoyancy control devices, and SCUBA regulators for all pool training sessions. Necessary personal Skin diving equipment and text will be additional.

Contact instructor for more details at 301-610-4988 or Training@ScubaAdventure.org. No personal Skin equipment is necessary for the first class; features, proper use and fit will be presented during the first class session. Please bring a swim suit, towel, padlock, paper and writing tool to each class. Note: A swim evaluation will be conducted at the first session. Comfort in the water must be demonstrated. Registrants must be at least 15 years old.

8 Sessions**\$235**

229762	Olney SwC	M	2/9	7:00pm-10:00pm
229764	Germantown ISC	Tu	2/10	7:00pm-10:00pm
229763	ML King SwC	W	2/11	7:00pm-10:00pm

**Pool Operator Course****\$80**

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCRD Building, 4010 Randolph Road in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCRD Offices**Pool Op 1:** Course #222750

Session	Date	Begins	Ends
Session 1	Monday, Jan. 5, 2009	7:00pm	9:30pm
Session 2	Tuesday, Jan. 6, 2009	7:00pm	9:30pm
Session 3	Wednesday, Jan. 7, 2009	7:00pm	9:30pm
Session 4	Thursday, Jan. 8, 2009	7:00pm	9:30pm
Session 5	Friday, Jan. 9, 2009	7:00pm	9:30pm

Pool Op 2: Course #222751

Session	Date	Begins	Ends
Session 1	Monday, Apr. 6, 2009	7:00pm	9:30pm
Session 2	Tuesday, Apr. 7, 2009	7:00pm	9:30pm
Session 3	Wednesday, Apr. 8, 2009	7:00pm	9:30pm
Session 4	Thursday, Apr. 9, 2009	7:00pm	9:30pm
Session 5	Friday, Apr. 10, 2009	7:00pm	9:30pm

Pool Op 3: Course #222752

Session	Date	Begins	Ends
Session 1	Monday, May 4, 2009	7:00pm	9:30pm
Session 2	Wednesday, May 6, 2009	7:00pm	9:30pm
Session 3	Monday, May 11, 2009	7:00pm	9:30pm
Session 4	Wednesday, May 13, 2009	7:00pm	9:30pm
Session 5	Thursday, May 14, 2009	7:00pm	9:30pm

Pool Op 4: Course #222753

Session	Date	Begins	Ends
Session 1	Wednesday, May 27, 2009	7:00pm	9:30pm
Session 2	Thursday, May 28, 2009	7:00pm	9:30pm
Session 3	Monday, Jun. 1, 2009	7:00pm	9:30pm
Session 4	Wednesday, Jun. 3, 2009	7:00pm	9:30pm
Session 5	Thursday, Jun. 4, 2009	7:00pm	9:30pm

Pool Operator Review**\$50**

This course will allow current pool operators to apply for renewal. The student must currently possess a Montgomery County Pool Operator's license. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

Montgomery Aquatic Center**Pool Op REVIEW:** Course #222754

Session	Date	Begins	Ends
Session 1	Saturday, May 16, 2009	10:00am	1:00pm

Ways to Register for Swim Lessons



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.

Online registration is recommended. Please create your family account by December 1. This will ensure that you have your account information and PIN for the registration date. PIN number is needed to register. See below or call 240-777-6840



Walk in at Aquatics Facilities Registrations can be processed at any of our pools.



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm



Fax 240-777-6818 Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form. See page 142 for details.

Indoor Pool Swim Lesson Registration processing will begin December 10, 2008, at 6:30am.

Non-County residents registration begins December 11. No registrations will be processed before this time.

Please note the following:

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- Observation is allowed from designated areas ONLY. At some facilities clear observation may not be possible.

Swim Lessons

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor pools. Swim lesson fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, or six week sessions.

Adult Group Lessons for all levels may be offered on weekday evenings or on weekends.

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.



Swimming Lesson Skills

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at www.montgomerycountymd.gov/rec. Once here click on the program drop down and select Aquatics and click on go. Click on **Aquatics Check List/Report Card Download** and select the level(s) you wish to view.



Germantown Indoor Swim Center

Phone: 240-777-6830

Registration begins December 10. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions.

See page 17 for registration information.

GISC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
229312	Germantown InSwC	1/3	Sa	10:25am-10:55am
229313	Germantown InSwC	1/4	Su	9:45am-10:15am

GISC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
229316	Germantown InSwC	1/3	Sa	11:45am-12:15pm
229317	Germantown InSwC	1/3	Sa	12:25pm-12:55pm
229320	Germantown InSwC	1/4	Su	11:05am-11:35am
229321	Germantown InSwC	1/4	Su	12:25pm-12:55pm
229324	Germantown InSwC	1/7	W	6:10pm-6:40pm

GISC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
229326	Germantown InSwC	1/3	Sa	11:05am-11:35am
229327	Germantown InSwC	1/3	Sa	1:05pm-1:35pm
229330	Germantown InSwC	1/4	Su	10:25am-10:55am
229331	Germantown InSwC	1/4	Su	11:45am-12:15pm
229332	Germantown InSwC	1/7	W	5:30pm-6:00pm

GISC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$59
229462	Germantown InSwC	1/3	Sa	9:45am-10:15am
229463	Germantown InSwC	1/3	Sa	11:05am-11:35am
229464	Germantown InSwC	1/3	Sa	11:45am-12:15pm
229494	Germantown InSwC	1/3	Sa	12:25pm-12:55pm
229495	Germantown InSwC	1/3	Sa	1:05pm-1:35pm
229465	Germantown InSwC	1/4	Su	10:25am-10:55am
229466	Germantown InSwC	1/4	Su	11:05am-11:35am
229496	Germantown InSwC	1/4	Su	11:45am-12:15pm
229497	Germantown InSwC	1/4	Su	12:25pm-12:55pm
229468	Germantown InSwC	1/5	M	5:30pm-6:00pm
229470	Germantown InSwC	1/5	M	6:10pm-6:40pm
229500	Germantown InSwC	1/7	W	5:30pm-6:00pm
229467	Germantown InSwC	1/13	Tu, Th	5:30pm-6:00pm
229469	Germantown InSwC	1/13	Tu, Th	5:30pm-6:00pm
229498	Germantown InSwC	2/3	Tu, Th	6:10pm-6:40pm
229499	Germantown InSwC	2/3	Tu, Th	6:10pm-6:40pm

GISC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$57
229612	Germantown InSwC	1/3	Sa	9:45am-10:15am
229613	Germantown InSwC	1/3	Sa	10:25am-10:55am
229614	Germantown InSwC	1/3	Sa	11:45am-12:15pm
229615	Germantown InSwC	1/4	Su	9:45am-10:15am
229617	Germantown InSwC	1/4	Su	10:25am-10:55am
229618	Germantown InSwC	1/4	Su	11:05am-11:35am
229619	Germantown InSwC	1/4	Su	12:25pm-12:55pm
229621	Germantown InSwC	1/4	Su	11:45am-12:15pm
229627	Germantown InSwC	1/5	M	6:10pm-6:40pm
229628	Germantown InSwC	1/7	W	6:10pm-6:40pm
229623	Germantown InSwC	1/13	Tu, Th	6:10pm-6:40pm
229624	Germantown InSwC	1/13	Tu, Th	6:10pm-6:40pm
229625	Germantown InSwC	2/3	Tu, Th	4:50pm-5:20pm
229626	Germantown InSwC	2/3	Tu, Th	4:50pm-5:20pm

GISC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions				\$57
229642	Germantown InSwC	1/3	Sa	9:45am-10:15am
229643	Germantown InSwC	1/3	Sa	10:25am-10:35am
229644	Germantown InSwC	1/3	Sa	12:25pm-12:55pm
229645	Germantown InSwC	1/4	Su	11:05am-11:35am
229646	Germantown InSwC	1/4	Su	11:45am-12:15pm
229647	Germantown InSwC	1/4	Su	12:25pm-12:55pm
229653	Germantown InSwC	1/5	M	5:30pm-6:00pm
229648	Germantown InSwC	1/13	Tu, Th	4:50pm-5:20pm
229649	Germantown InSwC	1/13	Tu, Th	4:50pm-5:20pm
229650	Germantown InSwC	2/3	Tu, Th	5:30pm-6:00pm
229651	Germantown InSwC	2/3	Tu, Th	5:30pm-6:00pm



GISC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions				\$57
229664	Germantown InSwC 1/3	Sa	11:05am-11:35am	
229665	Germantown InSwC 1/4	Su	11:05am-11:35am	

GISC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions				\$52
229668	Germantown InSwC 1/3	Sa	10:25am-10:35am	
229669	Germantown InSwC 1/3	Sa	1:05pm-1:35pm	
229670	Germantown InSwC 1/4	Su	10:25am-10:55am	
229671	Germantown InSwC 1/5	M	6:10pm-6:40pm	

GISC-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$52
229676	Germantown InSwC 1/3	Sa	12:25pm-12:55pm	
229677	Germantown InSwC 1/3	Sa	1:05pm-1:35pm	
229679	Germantown InSwC 1/4	Su	9:45am-10:15am	
229680	Germantown InSwC 1/4	Su	11:45am-12:15pm	
229681	Germantown InSwC 1/5	M	5:30pm-6:00pm	
229682	Germantown InSwC 1/7	W	5:30pm-6:00pm	

GISC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$50
229687	Germantown InSwC 1/3	Sa	11:05am-11:35am	
229688	Germantown InSwC 1/4	Su	10:25am-10:55am	
229689	Germantown InSwC 1/7	W	6:10pm-6:40pm	



GISC-Youth-Level 4

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$50
229695	Germantown InSwC 1/3	Sa	12:25pm-12:55pm	
229696	Germantown InSwC 1/4	Su	12:25pm-12:55pm	

GISC-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$50
229699	Germantown InSwC 1/3	Sa	11:45am-12:15pm	
229700	Germantown InSwC 1/4	Su	11:05am-11:35am	

GISC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$50
229703	Germantown InSwC 1/3	Sa	1:05pm-1:35pm	
229704	Germantown InSwC 1/4	Su	9:45am-10:15am	

GISC-Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$59
229707	Germantown InSwC 1/3	Sa	11:05am-11:35am	
229708	Germantown InSwC 1/4	Su	10:25am-10:35am	

GISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$57
229711	Germantown InSwC 1/3	Sa	10:25am-10:55am	
229712	Germantown InSwC 1/4	Su	9:45am-10:15am	

GISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$57
229715	Germantown InSwC 1/3	Sa	9:45am-10:15am	
229716	Germantown InSwC 1/4	Su	12:25pm-12:55pm	

GISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$57
229719	Germantown InSwC 1/3	Sa	11:45am-12:15pm	
229720	Germantown InSwC 1/4	Su	11:45am-12:15pm	

Need goggles or nose-plugs? Our pools sell all your basic swimming needs.

Martin Luther King Swim Center**Phone: 301-989-1206**

Registration begins December 10. Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00pm-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. Some classes may be taught at the outdoor pool at the discretion of the instructor or management. No classes January 18-19.

See page 17 for registration information.

MLK-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50				
232790	M L King SwC	1/4	Su	10:00am-10:30am
232791	M L King SwC	1/4	Su	10:40am-11:10am
232792	M L King SwC	1/6	Tu	9:30am-10:00am
232794	M L King SwC	1/6	Tu	4:30pm-5:00pm
232793	M L King SwC	1/7	W	9:30am-10:00am

MLK-Aquatots

Designed for children 18 months-3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50				
232366	M L King SwC	1/4	Su	11:20am-11:50am
232369	M L King SwC	1/5	M	5:10pm-5:40pm
232368	M L King SwC	1/6	Tu	10:10am-10:40am
232367	M L King SwC	1/8	Th	5:10pm-5:40pm

**MLK-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50				
232776	M L King SwC	1/4	Su	12:00pm-12:30pm
232777	M L King SwC	1/5	M	5:50pm-6:20pm
232780	M L King SwC	1/7	W	5:50pm-6:20pm
232781	M L King SwC	1/8	Th	9:30am-10:00am

MLK-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59				
232468	M L King SwC	1/4	Su	10:40am-11:10am
232469	M L King SwC	1/4	Su	11:20am-11:50am
232470	M L King SwC	1/5	M	4:30pm-5:00pm
232472	M L King SwC	1/6	Tu	4:30pm-5:00pm
232473	M L King SwC	1/6	Tu	5:10pm-5:40pm
232474	M L King SwC	1/6	Tu	5:50pm-6:20pm
232471	M L King SwC	1/7	W	10:10am-10:40am
232475	M L King SwC	1/7	W	5:10pm-5:40pm
232476	M L King SwC	1/7	W	5:50pm-6:20pm
232477	M L King SwC	1/8	Th	4:30pm-5:00pm
232478	M L King SwC	1/8	Th	5:10pm-5:40pm
232479	M L King SwC	1/8	Th	6:30pm-7:00pm

MLK-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$57				
232715	M L King SwC	1/4	Su	10:00am-10:30am
232716	M L King SwC	1/4	Su	10:40am-11:10am
232717	M L King SwC	1/4	Su	11:20am-11:50am
232718	M L King SwC	1/4	Su	12:00pm-12:30pm
232719	M L King SwC	1/5	M	4:30pm-5:00pm
232720	M L King SwC	1/5	M	5:10pm-5:40pm
232721	M L King SwC	1/5	M	5:50pm-6:20pm
232722	M L King SwC	1/6	Tu	5:10pm-5:40pm
232725	M L King SwC	1/7	W	5:10pm-5:40pm
232723	M L King SwC	1/8	Th	10:10am-10:40am
232724	M L King SwC	1/8	Th	5:50pm-6:20pm

MLK-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57				
232753	M L King SwC	1/4	Su	10:00am-10:30am
232754	M L King SwC	1/4	Su	11:20am-11:50am
232755	M L King SwC	1/6	Tu	6:30pm-7:00pm
232756	M L King SwC	1/7	W	4:30pm-5:00pm



MLK-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions				\$57
232764	M L King SwC	1/4	Su	10:00am-10:30am
232765	M L King SwC	1/8	Th	4:30pm-5:00pm
232766	M L King SwC	1/8	Th	6:30pm-7:00pm

MLK-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions				\$52
232936	M L King SwC	1/4	Su	10:00am-10:30am
232937	M L King SwC	1/6	Tu	6:30pm-7:00pm
232938	M L King SwC	1/8	Th	5:50pm-6:20pm

MLK-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$52
232961	M L King SwC	1/4	Su	11:20am-11:50am
232962	M L King SwC	1/4	Su	12:00pm-12:30pm
232963	M L King SwC	1/6	Tu	5:50pm-6:20pm
232964	M L King SwC	1/6	Tu	7:50pm-8:20pm
232965	M L King SwC	1/8	Th	7:50pm-8:20pm

MLK-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$50
232971	M L King SwC	1/4	Su	10:40am-11:10am
232972	M L King SwC	1/4	Su	12:00pm-12:30pm
232973	M L King SwC	1/6	Tu	7:10pm-7:40pm
232974	M L King SwC	1/8	Th	7:10pm-7:40pm
232975	M L King SwC	1/8	Th	7:50pm-8:20pm

MLK-Youth-Level 4

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$50
233115	M L King SwC	1/4	Su	12:00pm-12:30pm
233116	M L King SwC	1/4	Su	10:40am-11:10am
233117	M L King SwC	1/6	Tu	7:50pm-8:20pm

MLK-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$50
233121	M L King SwC	1/4	Su	10:00am-10:30am
233122	M L King SwC	1/6	Tu	7:10pm-7:40pm

MLK-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$50
233127	M L King SwC	1/4	Su	11:20am-11:50am
233128	M L King SwC	1/6	Tu	8:30pm-9:00pm
233129	M L King SwC	1/8	Th	7:10pm-7:40pm

MLK-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$59
232064	M L King SwC	1/4	Su	12:00pm-12:30pm
232065	M L King SwC	1/5	M	8:30pm-9:00pm
232066	M L King SwC	1/8	Th	8:30pm-9:00pm

MLK-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$57
232340	M L King SwC	1/4	Su	10:40am-11:10am
232341	M L King SwC	1/7	W	8:30pm-9:00pm

MLK-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$57
232361	M L King SwC	1/6	Tu	8:30pm-9:00pm

MLK-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$57
232364	M L King SwC	1/8	Th	8:30pm-9:00pm





Montgomery Aquatic Center

Phone: 301-468-4211

Registration begins on December 10. Swim lessons for all ages and abilities. Screening is available at the swim center on Saturdays and Sundays at 1:30pm to evaluate the students abilities (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions.

See page 17 for registration information.

MAC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
232380	Montgomery AqC	1/3	Sa	10:20am-10:50am	
232381	Montgomery AqC	1/3	Sa	11:40am-12:10pm	
232382	Montgomery AqC	1/4	Su	9:40am-10:10am	
232383	Montgomery AqC	1/4	Su	11:40am-12:10pm	
232384	Montgomery AqC	1/5	M	9:00am-9:30am	
232385	Montgomery AqC	1/8	Th	9:00am-9:30am	

MAC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
232239	Montgomery AqC	1/3	Sa	9:00am-9:30am	
232240	Montgomery AqC	1/3	Sa	12:20pm-12:50pm	
232241	Montgomery AqC	1/4	Su	9:00am-9:30am	
232242	Montgomery AqC	1/4	Su	11:00am-11:30am	
232243	Montgomery AqC	1/5	M	10:00am-10:30am	
232244	Montgomery AqC	1/6	Tu	9:00am-9:30am	
232245	Montgomery AqC	1/6	Tu	10:00am-10:30am	
232246	Montgomery AqC	1/7	W	9:00am-9:30am	
232247	Montgomery AqC	1/7	W	6:10pm-6:40pm	
232248	Montgomery AqC	1/8	Th	10:00am-10:30am	
232249	Montgomery AqC	1/8	Th	5:30pm-6:00pm	
232250	Montgomery AqC	1/9	F	9:00am-9:30am	



MAC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
232345	Montgomery AqC	1/3	Sa	11:00am-11:30am	
232346	Montgomery AqC	1/3	Sa	1:00pm-1:30pm	
232347	Montgomery AqC	1/4	Su	10:20am-10:50am	
232348	Montgomery AqC	1/4	Su	1:00pm-1:30pm	
232349	Montgomery AqC	1/6	Tu	3:30pm-4:00pm	
232350	Montgomery AqC	1/6	Tu	6:10pm-6:40pm	
232351	Montgomery AqC	1/8	Th	9:30am-10:00am	

MAC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions					\$59
232865	Montgomery AqC	1/3	Sa	9:00am-9:30am	
232867	Montgomery AqC	1/3	Sa	10:20am-10:50am	
232868	Montgomery AqC	1/3	Sa	1:00pm-1:30pm	
232869	Montgomery AqC	1/4	Su	9:00am-9:30am	
232870	Montgomery AqC	1/4	Su	10:20am-10:50am	
232871	Montgomery AqC	1/4	Su	12:20pm-12:50pm	
232872	Montgomery AqC	1/4	Su	1:00pm-1:30pm	
232873	Montgomery AqC	1/5	M	9:30am-10:00am	
232874	Montgomery AqC	1/5	M	6:10pm-6:40pm	
232876	Montgomery AqC	1/6	Tu	6:10pm-6:40pm	
232878	Montgomery AqC	1/7	W	9:30am-10:00am	
232877	Montgomery AqC	1/8	Th	3:30pm-4:00pm	
232879	Montgomery AqC	1/8	Th	5:30pm-6:00pm	
232880	Montgomery AqC	1/9	F	10:00am-10:30am	
232866	Montgomery AqC	1/3	Sa	9:40am-10:10am	

MAC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions					\$57
232272	Montgomery AqC	1/3	Sa	9:00am-9:30am	
232273	Montgomery AqC	1/3	Sa	9:40am-10:10am	
232274	Montgomery AqC	1/3	Sa	11:40am-12:10pm	
232275	Montgomery AqC	1/3	Sa	12:20pm-12:50pm	
232276	Montgomery AqC	1/4	Su	9:00am-9:30am	
232277	Montgomery AqC	1/4	Su	9:40am-10:10am	
232278	Montgomery AqC	1/4	Su	11:40am-12:10pm	
232279	Montgomery AqC	1/4	Su	12:20pm-12:50pm	
232280	Montgomery AqC	1/5	M	5:30pm-6:00pm	
232281	Montgomery AqC	1/6	Tu	9:30am-10:00am	
232282	Montgomery AqC	1/6	Tu	5:30pm-6:00pm	
232283	Montgomery AqC	1/7	W	5:30pm-6:00pm	
232286	Montgomery AqC	1/8	Th	4:10pm-4:40pm	
232285	Montgomery AqC	1/9	F	9:30am-10:00am	

RecWeb...
easy, fast, secure!
montgomerycountymd.gov/rec

MAC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions					\$57
232302	Montgomery AqC	1/3	Sa	11:00am-11:30am	
232303	Montgomery AqC	1/3	Sa	11:40am-12:10pm	
232304	Montgomery AqC	1/3	Sa	1:00pm-1:30pm	
232305	Montgomery AqC	1/4	Su	9:40am-10:10am	
232306	Montgomery AqC	1/4	Su	10:20am-10:50am	
232307	Montgomery AqC	1/4	Su	11:00am-11:30am	
232308	Montgomery AqC	1/4	Su	1:00pm-1:30pm	
232309	Montgomery AqC	1/5	M	5:30pm-6:00pm	
232310	Montgomery AqC	1/6	Tu	4:10pm-4:40pm	
232311	Montgomery AqC	1/7	W	5:30pm-6:00pm	
232312	Montgomery AqC	1/7	W	6:10pm-6:40pm	
232314	Montgomery AqC	1/8	Th	6:10pm-6:40pm	
232315	Montgomery AqC	1/8	Th	4:50pm-5:20pm	
232313	Montgomery AqC	1/9	F	10:30am-11:00am	

MAC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions					\$57
232330	Montgomery AqC	1/3	Sa	11:00am-11:30am	
232331	Montgomery AqC	1/3	Sa	12:20pm-12:50pm	
232332	Montgomery AqC	1/4	Su	11:00am-11:30am	
232333	Montgomery AqC	1/4	Su	11:40am-12:10pm	
232334	Montgomery AqC	1/8	Th	6:10pm-6:40pm	

MAC-Youth-Level 1

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions					\$52
232392	Montgomery AqC	1/3	Sa	1:00pm-1:30pm	
232393	Montgomery AqC	1/4	Su	9:40am-10:10am	
232394	Montgomery AqC	1/5	M	6:10pm-6:40pm	

MAC-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions					\$52
232398	Montgomery AqC	1/3	Sa	10:20am-10:50am	
232399	Montgomery AqC	1/3	Sa	12:20pm-12:50pm	
232400	Montgomery AqC	1/4	Su	11:40am-12:10pm	
232401	Montgomery AqC	1/4	Su	12:20pm-12:50pm	
232402	Montgomery AqC	1/6	Tu	5:30pm-6:00pm	

MAC-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions					\$50
232408	Montgomery AqC	1/3	Sa	9:40am-10:10am	
232409	Montgomery AqC	1/3	Sa	11:00am-11:30am	
232410	Montgomery AqC	1/3	Sa	11:40am-12:10pm	
232411	Montgomery AqC	1/4	Su	10:20am-10:50am	
232412	Montgomery AqC	1/4	Su	11:00am-11:30am	

MAC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions					\$50
232418	Montgomery AqC	1/3	Sa	11:40am-12:10pm	
232419	Montgomery AqC	1/4	Su	11:00am-11:30am	
232420	Montgomery AqC	1/4	Su	12:20pm-12:50pm	
232421	Montgomery AqC	1/4	Su	1:00pm-1:30pm	

MAC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions					\$50
232426	Montgomery AqC	1/3	Sa	1:00pm-1:30pm	
232427	Montgomery AqC	1/4	Su	1:00pm-1:30pm	

MAC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions					\$50
232430	Montgomery AqC	1/3	Sa	12:20pm-12:50pm	
232431	Montgomery AqC	1/4	Su	12:20pm-12:50pm	

MAC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions					\$59
232220	Montgomery AqC	1/3	Sa	11:00am-11:30am	
232221	Montgomery AqC	1/4	Su	10:20am-10:50am	
232219	Montgomery AqC	1/8	Th	8:30pm-9:00pm	



MAC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57
232225 Montgomery AqC 1/3 Sa 10:20am-10:50am

MAC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57
232227 Montgomery AqC 1/3 Sa 9:40am-10:10am

MAC-Adult-Level 4

For teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57
232229 Montgomery AqC 1/4 Su 11:40am-12:10pm
232230 Montgomery AqC 1/6 Tu 8:30pm-9:00pm

MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size is limited to 15 students.

6 Sessions \$57
232235 Montgomery AqC 1/5 M 8:30pm-9:00pm

MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57
232237 Montgomery AqC 1/5 M 8:30pm-9:00pm

MAC-Adapted Aquatics

This is a learn-to-swim program for children ages 4 to 15 who have special needs. Taught in a small group environment; each child will have an assigned volunteer with them at all times. All participants must fill out and sign a release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY 1 class per session. Class size is limited to 8 students.

6 Sessions \$55
232215 Montgomery AqC 1/3 Sa 9:45am-10:25am
232216 Montgomery AqC 1/3 Sa 10:35am-11:15am

**Olney Swim Center**

Phone: 301-570-1210

Registration begins December 10. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions.

See page 17 for registration information.

OSC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50
233003 Olney SwC 1/3 Sa 11:30am-12:00pm

OSC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50
232815 Olney SwC 1/3 Sa 10:10am-10:40am
232816 Olney SwC 1/4 Su 10:10am-10:40am
232817 Olney SwC 1/6 Tu 5:55pm-6:25pm

OSC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50
232988 Olney SwC 1/3 Sa 9:30am-10:00am
232989 Olney SwC 1/3 Sa 10:50am-11:20am
232990 Olney SwC 1/4 Su 9:30am-10:00am
232991 Olney SwC 1/4 Su 10:50am-11:20am
232992 Olney SwC 1/6 Tu 6:30pm-7:00pm
232993 Olney SwC 1/8 Th 5:55pm-6:25pm
232994 Olney SwC 1/12 M, W 6:25pm-6:55pm

OSC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$59
232822	Olney SwC	1/3	Sa	9:30am-10:00am
232823	Olney SwC	1/3	Sa	10:10am-10:40am
232824	Olney SwC	1/3	Sa	10:50am-11:20am
232825	Olney SwC	1/3	Sa	11:30am-12:00pm
232826	Olney SwC	1/3	Sa	12:10pm-12:40pm
232827	Olney SwC	1/3	Sa	12:50pm-1:20pm
232828	Olney SwC	1/4	Su	9:30am-10:00am
232829	Olney SwC	1/4	Su	9:30am-10:00am
232830	Olney SwC	1/4	Su	10:10am-10:40am
232831	Olney SwC	1/4	Su	10:50am-11:20am
232832	Olney SwC	1/4	Su	11:30am-12:00pm
232833	Olney SwC	1/4	Su	11:30am-12:00pm
232834	Olney SwC	1/6	Tu	5:55pm-6:25pm
232835	Olney SwC	1/6	Tu	5:55pm-6:25pm
232836	Olney SwC	1/6	Tu	6:30pm-7:00pm
232837	Olney SwC	1/6	Tu	6:30pm-7:00pm
232838	Olney SwC	1/8	Th	5:55pm-6:25pm
232839	Olney SwC	1/8	Th	6:30pm-7:00pm
232840	Olney SwC	1/12	M, W	6:25pm-6:55pm
232841	Olney SwC	1/12	M, W	6:25pm-6:55pm
232842	Olney SwC	1/12	M, W	7:05pm-7:35pm

OSC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$57
232899	Olney SwC	1/3	Sa	9:30am-10:00am
232900	Olney SwC	1/3	Sa	10:10am-10:40am
232901	Olney SwC	1/3	Sa	10:50am-11:20am
232902	Olney SwC	1/3	Sa	12:10pm-12:40pm
232903	Olney SwC	1/3	Sa	12:50pm-1:20pm
232904	Olney SwC	1/4	Su	9:30am-10:00am
232905	Olney SwC	1/4	Su	10:10am-10:40am
232906	Olney SwC	1/4	Su	10:50am-11:20am
232907	Olney SwC	1/4	Su	11:30am-12:00pm
232908	Olney SwC	1/6	Tu	5:55pm-6:25pm
232909	Olney SwC	1/6	Tu	6:30pm-7:00pm
232910	Olney SwC	1/8	Th	5:55pm-6:25pm
232911	Olney SwC	1/12	M, W	6:25pm-6:55pm
232912	Olney SwC	1/12	M, W	7:05pm-7:35pm
232913	Olney SwC	1/12	M, W	7:45pm-8:15pm

OSC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Class size is limited to 6 students.

6 Sessions				\$57
232943	Olney SwC	1/3	Sa	10:10am-10:40am
232944	Olney SwC	1/3	Sa	11:30am-12:00pm
232945	Olney SwC	1/3	Sa	12:50pm-1:20pm
232946	Olney SwC	1/4	Su	9:30am-10:00am
232947	Olney SwC	1/4	Su	10:10am-10:40am
232948	Olney SwC	1/4	Su	11:30am-12:00pm
232949	Olney SwC	1/12	M, W	7:05pm-7:35pm
232950	Olney SwC	1/12	M, W	7:45pm-8:15pm

OSC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions				\$57
232979	Olney SwC	1/3	Sa	9:30am-10:00am
232982	Olney SwC	1/3	Sa	12:10pm-12:40pm
232980	Olney SwC	1/4	Su	10:50am-11:20am
232981	Olney SwC	1/12	M, W	7:05pm-7:35pm

OSC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions				\$52
233006	Olney SwC	1/3	Sa	12:50pm-1:20pm
233007	Olney SwC	1/8	Th	6:30pm-7:00pm
233008	Olney SwC	1/12	M, W	6:25pm-6:55pm

OSC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$52
233015	Olney SwC	1/3	Sa	10:50am-11:20am
233016	Olney SwC	1/4	Su	9:30am-10:00am
233017	Olney SwC	1/12	M, W	7:45pm-8:15pm

OSC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$50
233024	Olney SwC	1/3	Sa	11:30am-12:00pm
233025	Olney SwC	1/4	Su	10:10am-10:40am
233026	Olney SwC	1/12	M, W	7:05pm-7:35pm



OSC-Youth-Level 4

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

233036	Olney SwC	1/3	Sa	12:10pm-12:40pm
233037	Olney SwC	1/4	Su	10:10am-10:40am
233038	Olney SwC	1/4	Su	10:50am-11:20am
233039	Olney SwC	1/12	M, W	7:45pm-8:15pm

OSC-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

233047	Olney SwC	1/4	Su	10:50am-11:20am
233048	Olney SwC	1/4	Su	11:30am-12:00pm
233049	Olney SwC	1/12	M, W	7:45pm-8:15pm

OSC-Youth-Level 6

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper) for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

233057	Olney SwC	1/3	Sa	12:50pm-1:20pm
233056	Olney SwC	1/4	Su	11:30am-12:00pm

**OSC-Adult-Level 1**

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

232741	Olney SwC	1/8	Th	6:30pm-7:00pm
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OSC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

232745	Olney SwC	1/3	Sa	12:10pm-12:40pm
232746	Olney SwC	1/6	Tu	7:10pm-7:40pm

OSC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

232749	Olney SwC	1/3	Sa	11:30am-12:00pm
232750	Olney SwC	1/8	Th	7:10pm-7:40pm

OSC-Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

232770	Olney SwC	1/3	Sa	10:50am-11:20am
232771	Olney SwC	1/8	Th	7:45pm-8:15pm

OSC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

232774	Olney SwC	1/6	Tu	7:45pm-8:15pm
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Parents overconfident in their child's swimming ability

According to the American Academy of Pediatrics, "generally, children are not developmentally ready for swimming lessons until after their fourth birthday. Aquatic programs for infants and toddlers have not been shown to decrease the risk of drowning, and parents should not feel secure that their child is safe in water or safe from drowning after participating in such programs." Parent assisted classes will help a child adapt and feel comfortable in the water, helping to prepare the child for future lessons.

That doesn't mean, however, that children should not get swimming instruction.

"Some have the misconception that the AAP is saying that no child should have swimming lessons until they are 4. There are developmental differences with every child," said Dr. Eric Small, chairman of the AAP Council on Sports Medicine and Fitness.

What he does stress is that parents should be within arm's reach of a child, regardless of whether that child has had swimming lessons, until a child is 6 to 8 years old, depending on the child's swimming ability.

"Physically, children are not ready for all the coordination of the motions and the balance in the water at younger ages than 4. Some are not ready until they are 5 or 6," Dr. Small said.

The AAP report on swimming safety states that "children who begin swimming lessons at an earlier age does not translate to a more rapid mastery of aquatic skills or a higher level of swimming proficiency compared with those taking lessons at a later age."

Drowning is a leading cause of unintentional injury and death in the pediatric age group. In the United States, drowning rates are the highest among children ages 1 through 2, according to the AAP.



Creative Arts Classes

Winter 2009

Beginning January 5, 2009

Classes and workshops for all ages and abilities!



Join us for a wide variety of classes in dance, music, theater arts and visual arts! From ballet to hip hop to piano to acting to painting—and more—there's a class for you!

Here's a sampling of what we offer!

Youth

Drama Kids
Creative Movement (preschoolers)
Cartooning
Hip Hop
Jazz/Tap Combo

All levels

Guitar
Piano
Ballet
Tap

Adult

Ballroom Dancing
Dance Fitness Fusion
Watercolors
Showstoppers!
Salsa

For more information, call 301.528.2260 or
visit www.blackrockcenter.org. (Limited scholarships available.)

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Winter!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.

TEEN

In Charge

Early Release Days Means Fun!



Half-Day Events

Calling all skaters to the ICE and swimmers to the POOL for fun-filled EARLY RELEASE DAY activities! Tell your friends or come meet new friends. BE THERE for some HALF DAY fun!



Teens in Charge Volunteer!

Earn those Student Service Learning Hours. MCRD is looking for teen volunteers 14 and older to make a difference in our county.

BIG BUDDY

Spend three hours a week enriching a child in need. High school students will pair up with children from a homeless shelter for recreational, educational and community service activities. Enjoy fun and exciting monthly trips with your little buddy to Seneca Creek State Park, ice skating and other destinations. Applications for the Fall session are accepted in mid-September.



Youth Advisory Committee

Get involved! The Youth Advisory Committee plans safe, fun events for MC teens. Battle of the Bands and the Tobacco Free Sports Challenge are just two YAC sponsored events. Make a difference by participating in a YAC sponsored

Community Service project.

Visit the Teen Team web page or call 240.777.6985 to find out more!



Regional Teen Activities

Teen Clubs Offer Day Trips and Outings for Middle and High School Students

Sponsored at most public middle and some high schools, teen clubs offer organized trips and special outings for club members. Join us as we ride the coaster at an amusement park, or slalom the course at one of the many ski resorts.

Recreation Centers host Friday night "After Hours" fun for Middle School Students

What teen doesn't want to "Hang Out" on a Friday night? After Hours programs for middle school students are a great place to spend time with your friends, while enjoying fun activities such as sports, video games, arts and crafts, and special events.

High School Sports Academies

Here's your chance to be a part of a group of
TEENS IN CHARGE!



Join your friends at Blair, Einstein, Paint Branch, Seneca Valley, Springbrook, or Wheaton, as we play basketball, soccer, lift weights and more. Homework help and special programs for girls are also available. Enjoy special events, pizza, games and prizes.



Teens In Charge

Under-21 Special Events

Exciting activities are being planned

Good, good, good, good vibrations are what you'll experience as you join us for our Under 21 Teen Events. Coffee Houses, Poetry slams, and movie nights are just a few of the exciting activities being offered. For more information, call the Teen Team office at 240-777-6985.

Click
for more
fun!

montgomerycountymd.gov/rec

Go to Programs, then Teens

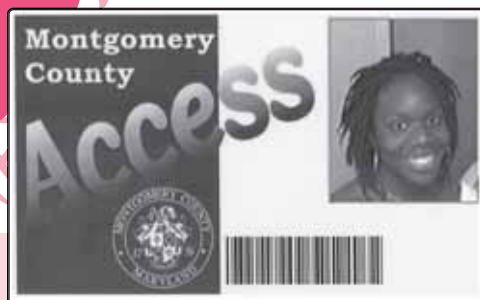
More info on how you can be part of these exciting activities. The latest news about upcoming activities. Registration forms, surveys, and more!

Or call the Teen Team at 240-777-6985.



RecExtra...for middle schools

Not ready for the day to end? Need a little more time with your friends? RecExtra after school activities are the perfect answer. Join the fun with activities like scrap book-ing, sports, arts, step dance and techno games. Talk to your After-School Activities Coordinator or call the Teen Team for more information.



I've got mine

Do you have your ACCESS Card, yet? You will need an ACCESS Card to participate in all these great teen programs. You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes—fill out a form (parental signature required), take it to any Recreation facility, get your picture taken, and your photo card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to www.montgomerycountymd.gov/rec

Teens in the Community

Silver Spring Region:

Long Branch Community Center 301-431-5702

Open Gym Hours: Mon-Fri 2:30-6:00pm

Gwendolyn Coffield Community Center 240-777-4900

Open Gym Hours: Mon-Fri 2:30-6:00,

Sat 10:00-2:00pm & 4:00-6:00pm,

Sun 12:00-5:00pm

Mid-County Region:

Bauer Drive Community Center 301-468-4015

Open Gym Hours: Mon-Fri 2:30-6:00pm,

Sat 9:00-5:00pm & Sun 12:00-6:00pm

Wheaton Community Center 301-929-5500

Open Gym Hours: Mon-Thurs 2:30-6:00pm,

Sat 10:00-5:00pm

UpCounty Region:

Germantown Community Center 301-601-1680

Open Gym Hours: Mon-Thurs 2:30-5:00pm,

Fri 2:30-5:00pm, Sat 10:00-5:00pm, Sun. 12:00-5:00pm

Plum Gar Community Center 240-777-4919

Open Gym Hours: Mon-Fri 2:30-6:00pm, Sat 9:00-6:00pm

Contact the community centers directly for information regarding center based TEEN activities.



Trips

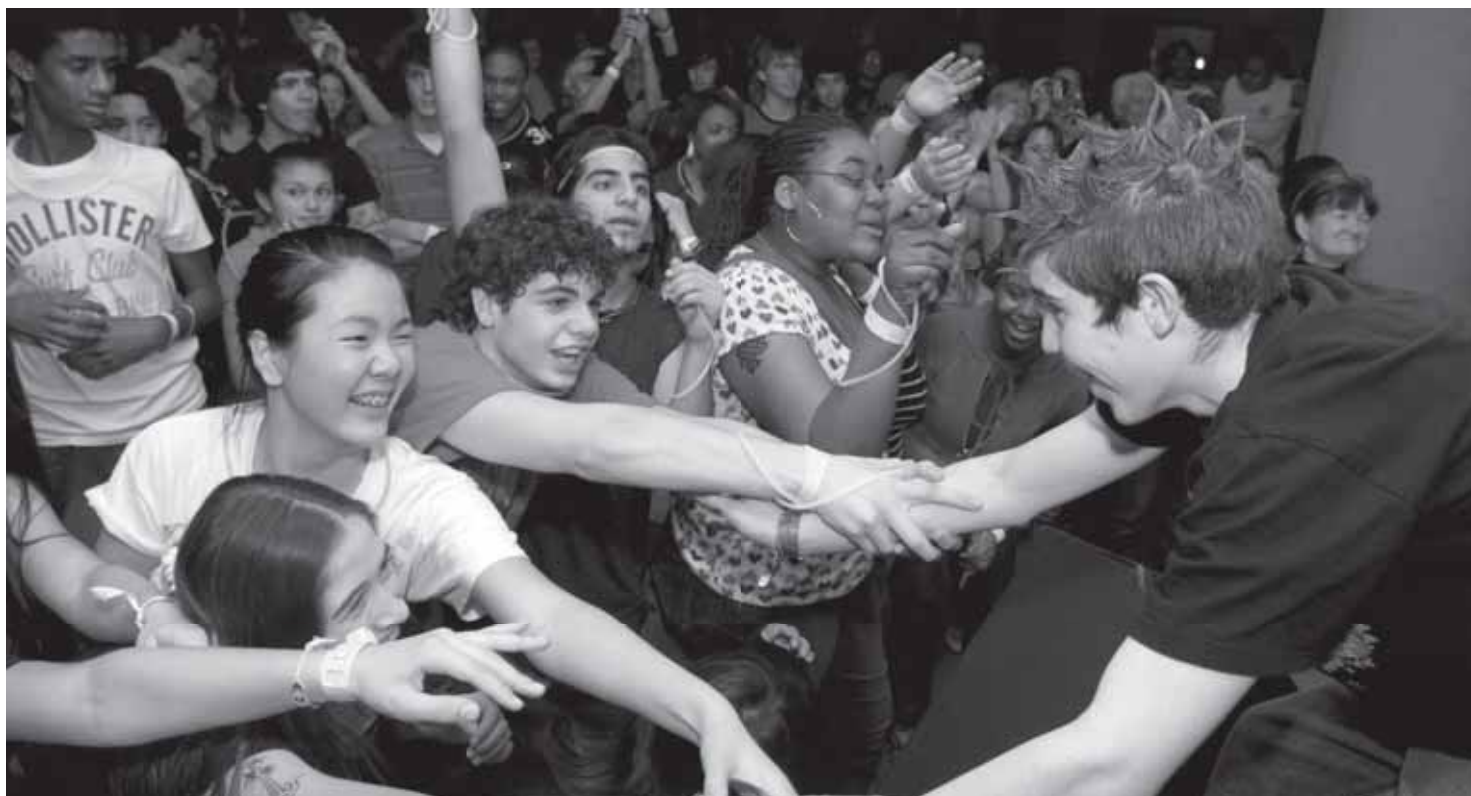
Games

Special Events

Tournaments

Dances

Homework Help



Battle of the Bands 2009 application due by January 9, 2009.

CLASSES

*Learn it...**Love it...**Live it...*

Brush Up On Your 3 "R's" This Winter...

Quality Instruction at Affordable Costs

Programs are tailored to age and ability by independent contractors

Refresh...

Draw & Clay (Ages 4-10)

Ballroom Dance (Ages 16&Up)

Wine & Dine (Ages 21&Up)

Pilates (Ages 16&Up)

Laughter Fitness (Ages 13&Up)

Renew...

Pottery (Ages 12&Up)

Classical Ballet (Ages 4-12)

Guitar (Ages 9&Up)

Cheerleading (Ages 5-14)

BodyWorks (Ages 16&Up)



Rejuvenate...

Tap-N-Tykes (Ages 3-4 and 5-6)

Yoga (Ages 14&Up)

Fine Arts (Ages 15&Up)

Ultimate Boxing
(Ages 6-15 and 16&Up)

Group Piano (Ages 5-10, 18&Up)

And Just Recreate at
one of our Winter Camps

Fit Kids Winter Break (Ages 6-11)

Non Stop Winter Dance
(Ages 5-12)

Club Holiday (Ages 3-12)

Karate Clinic (Ages 6-12)



Look for new Winter Classes just for Baby Boomers (ages 43-63) on page 74.

Find more in our class listings, beginning on the next page.



Winter Closing Schedule

For cancellation policy, see page 142.

Classes will not meet.
(excludes Aquatics classes and School Break Programs)

December							January							February							March						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31								29	30	31				

Winter Break Classes

Club Holiday

Ages 3-12: Your Cruise Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to chat and visit with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! For more information go to www.ctikids.com.

4 Sessions **\$85**

Instructor: CTI Kids-Coach Doug
227876 Germantown CC 12/29 M-F 9:30am-12:30pm
227874 Potomac CC 12/29 M,Tu,W,F 9:30am-12:30pm

\$106

227875 Potomac CC 12/29 M,Tu,W,F 9:30am-3:30pm
227877 Germantown CC 12/29 M-F 9:30am-3:30pm

Club Holiday Extended Day

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only. For more information go to ctikids.com.

4 Sessions **\$21**

Instructor: CTI Kids-Coach Doug
227885 Potomac CC 12/29 M,Tu,W,F 7:30am-9:30am

4 Sessions **\$26**

227887 Germantown CC 12/29 M,Tu,W,F 7:30am-9:30am
227888 Germantown CC 12/29 M,Tu,W,F 3:30pm-6:00pm
227886 Potomac CC 12/29 M,Tu,W,F 3:30pm-6:00pm



Non-Stop Winter Dance Camp

Ages 5-12: Kids will learn dance routines to the strings of the most famous pop artist such as the Jonas Brothers, Hannah Montana, HSM, Cheetah Girls and much more! A non stop winter camp full of fun and excitement, your dancer will have the time of their life! All types of dance will be explored at this camp. Hip Hop, Jazz, Hip Hop Musical and a little technique will have your dancers on their toes all day!

1 Session **\$100**

Instructor: Studio 310
228765 Studio 310 12/29 M 10:30am - 2:30pm
228766 Studio 310 12/30 Tu 10:30am - 2:30pm
228767 Studio 310 12/31 W 10:30am - 2:30pm

3 sessions **\$225**

228768 Studio 310 12/29 M-W 10:30am - 2:30pm

Fit Kids Camp-Winter Break

Ages 6-11: Got Cabin Fever? Come join your friends at Fit Kids Camp for a day of fun and fitness! Campers will enjoy an action-packed day of exercises, games and activities that are sure to please! Craft corner and chill time included. Bring your water bottle, your bagged lunch and your sneakers. Weather permitting, we will also venture outdoors, so come prepared! Contact the instructor, Bridgit Avon at fitkidscamp@gottamove.us or call 240-994-3943.

1 Session **\$40**

Instructor: Bridgit Avon
227673 Damascus CRC 12/29 M 9:00am-3:00pm
227674 Damascus CRC 12/30 Tu 9:00am-3:00pm

Karate Clinics Winter Break

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$30, payable to TKA.

4 Sessions **\$52**

Instructor: TKA, Inc.
227901 Bauer Drive CC 12/26 F,M,Tu,W 9:00am-11:30am



Arts & Crafts for Youth & Families

All art classes are taught by professional artists. Read class descriptions for required material information. Teens may meet the age requirements for *Arts & Crafts for Adults*. Adults may register if age appropriate for some classes.

Youth Arts

Draw & Clay

Ages 4-10:

4 Sessions

\$38

Instructor: Yolanda Prinsloo

Animal Art: Study animals in the Serengeti, marine animals, dinosaurs and more! \$10 material fee due to instructor at first class.

233139 Bauer Drive CC 1/7 W 5:00pm-6:00pm

Building Fun: Study exciting historic buildings like the Parthenon, St. Basilis Cathedral and the Empire State Building with stories and the artistic breakdown to draw and build them in clay. \$10 material fee due to instructor at class.

233140 Bauer Drive CC 2/4 W 5:00pm-6:00pm

Vehicle Fun: Discover how the different parts and shapes of helicopters, airplanes, ships, boats, cars and trucks are put together. Then draw them or build them with clay. \$10 material fee due to instructor at class.

233141 Bauer Drive CC 3/4 W 5:00pm-6:00pm

Art in the Park All Year Long!

Ages 4-8, 7-12: All the fun you had in Art in the Park Summer Camp now offered all year long. Learn about great nature artists from around the world and explore different types of mediums to make art based on our natural environment; animals, plants, recycling and more. Enjoy using different materials including pastels, paper, recycled materials, beads, feathers, shells, pebbles and so much more. \$10 material fee due to instructor at first class.

9 Sessions

\$78

Instructor: Sandra Aresta

Ages 4-8:

231864 Leland CC 1/22 Th 4:15pm-5:00pm

Ages 7-12:

231862 Norwood LP (BCC) 1/20 Tu 4:15pm-5:00pm

231863 Leland CC 1/17 Sa 11:30am-12:15pm

Little Linguists

Ages 4-8: Explore Spanish, French, or Mandarin Chinese at different locations. Learn a new language through art! A fun, creative and enjoyable way to be exposed to a foreign language. Build vocabulary through creative art projects. Class also incorporates music, drama, and stories. No adult participation. Questions regarding the program? Sandra.Aresta@verizon.net. \$10 material fee due instructor at class. See Tiny Tots for other Little Linguists classes for younger children.

9 Sessions

\$72

Instructor: Sandra Aresta

Mandarin Chinese

231763 Bauer Drive CC 1/21 W 4:00pm-4:45pm

Spanish

231762 Potomac CC 1/21 W 4:15pm-5:00pm

231765 Germantown CC 1/23 F 4:15pm-5:00pm

231764 Leland CC 1/23 F 11:30am-12:15pm

French

231766 Leland CC 1/21 W 4:15pm-5:00pm

Sunday Studio w/CREATE

Ages 4-6: Have fun and try something different! Explore pottery, painting, sculpture and other media. \$5 material fee due to instructor at class. Warning: this class fills quickly!

8 Sessions

\$65

Instructor: Create Arts Center

234413 Create Arts Center 1/11 Su 10:00am-11:00am

234414 Create Arts Center 1/11 Su 11:30am-12:30pm

Painting with Watercolors

Ages 5-10: Easy instructions to help you loosen up to learn the ins and outs of putting paint on paper. Easy to follow instructions. Lots of demonstrations to show you how paintings come together. Call 240-777-6870 to obtain the teacher's phone number for material list.

8 Sessions

\$80

Instructor: Pyper H. Dixon

232014 East County CC 1/17 Sa 2:00pm-3:15pm

Drawsters with Abrakadoodle®

Ages 6-12: Drawing Upon Imagination! Take drawing to a whole new level by incorporating drawing into the creative process. Through Abrakadoodle's unique program, learn contour drawing, patterning, font design, cartooning and build confidence and creativity while exploring fun and interesting artists and artist's styles. This is not about copying the teachers drawing, but rather learning skills and using your own unique imagination to create art! \$15 material fee due to instructor at the first class.

6 Sessions

\$72

Instructor: Abrakadoodle®

233530 Leland CC 1/26 M 6:00pm-7:15pm

233531 Wheaton CC 1/26 M 6:00pm-7:15pm

233532 Potomac CC 1/29 Th 6:00pm-7:15pm

Drawing Made Easy

Ages 5-10: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class.

8 Sessions

\$65

Instructor: Pyper H. Dixon

232012 Damascus CRC 1/15 Th 6:30pm-7:30pm

232013 East County CC 1/17 Sa 1:00pm-2:00pm

Cartooning with Young Rembrandts®

Ages 6-12: Must be six by the start of class. Learning to draw can be great fun especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor and your vivid imagination. Material fee is included in the class fee.

6 Sessions

\$80

Instructor: Young Rembrandts®

231363 Germantown CC 1/28 W 5:00pm-6:00pm

231364 Longwood CC 1/29 Th 6:00pm-7:00pm

231362 East County CC 2/2 M 6:30pm-7:30pm

Draw and Paint w/CREATE

Ages 6-8: Learn some of the basic techniques of drawing, such as looking and replicating simple 3-dimensional figures into a 3-dimensional format, using color to express feeling and emotions, creating expressive lines and shapes. There will be opportunities to have fun and learn through hands on experiences. \$10 material fee due to instructor at class.

8 Sessions

\$95

Instructor: Create Arts Center

234418 Create Arts Center 1/12 M 4:00pm-5:30pm





Awesome Artists

Ages 6-9: Explore various ways to create art using different materials and techniques. Learn basic art principles of line, shape, color and design. Encourage your imagination and individual expression. Class fee includes all material fees.

8 Sessions **\$90**
Instructor: Rochelle Fernandez
233215 Longwood CC 1/13 Tu 4:00pm-5:00pm

Draw Like the Masters with Art in the Park

Ages 10&Up: Learn to draw like the masters. Artists will include: Georgia O'Keefe, Monet, Degas, Picasso and Van Gogh. Explore different drawing techniques and perspectives using charcoal, pastels and pencils. Bring pastels, pencils, paper. Other art supplies may be purchased from the instructor.

8 Sessions **\$80**
Instructor: Sandra Aresta
231865 Norwood LP (BCC) 1/26 M 4:15pm-5:30pm

Kids Pottery with CREATE

Ages 7-12: Both sculpture and pottery will be created as you learn hand building methods of clay construction: pinch, coil, and slab. Explore decorative techniques including glaze application, watercolor on clay, and other unusual finishes. No wheel throwing but lots of fun projects. Projects are fired in a kiln on our premises. Produce several finished items. \$20 material fee due to instructor at class.

8 Sessions **\$95**
Instructor: Create Arts Center
234423 Create Arts Center 1/16 F 4:00pm-5:30pm

Cartooning with CREATE

Ages 8-13: Many students are attracted to the excitement and story telling possibilities of cartooning. In this class, you will have the opportunity to create your own characters, story line and dialogue. Learn how to create a sense of time, three dimensional space and sequence of events. Maybe even create your own comic book! \$5 material fee due to instructor at class.

8 Sessions **\$95**
Instructor: Create Arts Center
234424 Create Arts Center 1/16 F 4:00pm-5:30pm

Drawing Made Fun

Ages 8-13: Discover how you can draw whatever your imagination can dream. Use charcoal, markers, pencils and more as you learn different techniques. Bring a large set of permanent magic markers and water-proof all purpose 11" x14" paper pad. \$10 material fee due to instructor at class.

8 Sessions **\$72**
Instructor: Margaret Deskin
232491 Bauer Drive CC 1/13 Tu 4:30pm-5:30pm



Tween Emerging Artists

Ages 9-13: Learn artistic concepts by looking at great works of art. Explore ways to use art materials and techniques to create an art piece in the style of that artist. Create an original Pop-art repetitive portrait based on a study of Andy Warhol or create colorful cubist art in the style of Picasso. Basic elements of art such as line, shape, color, value, texture and design are covered. Materials covered in class fee.

8 Sessions **\$90**
Instructor: Rochelle Fernandez
233216 Longwood CC 1/15 Th 4:00pm-5:00pm

NEW Fabulous Fabric Fun

Ages 11&Up: You can create your own shirt, scarf, tablecloth and more with fabric paint method. You will love the fabulous results! Bring drawing pad, pencil, eraser, markers, cotton shirt or cotton material to first class. Additional supply list provided at first class. \$5 hand out fee due to instructor at first class.

3 Sessions **\$35**
Instructor: B.J. Asher
232020 Bauer Drive CC 1/26 M 5:00pm-6:30pm

Acrylic Painting Fun for Kids

Ages 10-14: Draw and paint landscapes, flowers, animals and abstracts. Explore new techniques of acrylic painting working on your choice of subjects. Open to all levels. \$5 material fee due instructor at first class. Supply list provided on first day.

6 Sessions **\$70**
Instructor: B.J. Asher
232018 Bauer Drive CC 2/14 Sa 2:30pm-4:00pm

Let's Draw!

Ages 10&Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact the instructor at 240-593-4404 for supply list.

8 Sessions **\$142**
Instructor: Pyper H. Dixon
232063 Wheaton CC 1/14 W 6:30pm-8:30pm
232062 East County CC 1/17 Sa 10:15am-12:15pm

Oil Painting for Fun

Ages 10-14: Discover techniques of oil painting on canvas. Focus on composition and perspective, then paint flowers, landscapes, or abstracts of your choice. Finish two projects. \$5 material fee due instructor. Supply list provided on first class.

6 Sessions **\$70**
Instructor: B.J. Asher
232019 Wheaton CC 1/23 F 4:00pm-5:00pm

Family Pottery with CREATE

Ages 6&Up: Adult participation and registration required with the child. Registration required for all participants. Learn the hand building methods of clay construction (pinch, coil, slab, and decorative techniques), and create sculptures and pottery using these methods and finish them with decorative techniques and glazing. Projects are fired in a kiln on our premises. You will produce several finished works of art. Older children and adults can work together or independently. Younger students will need help and supervision from the parent, while the instructor teaches the parent to help the child. Each person will finish many projects. \$20 material fee per person due to instructor at class. No wheel instruction.

8 Sessions **\$95**
Instructor: Create Arts Center
234421 Create Arts Center 1/11 Su 2:00pm-3:30pm
234422 Create Arts Center 1/11 Su 5:30pm-7:00pm

Arts & Crafts for Adults

All art classes are taught by professional artists. Please read class descriptions for required material information.

Teens are welcome to register if age appropriate. Adults may register with their children in the Family classes under *Arts & Crafts for Youth & Families*.

Fine Art

Drawing on the Right Side of the Brain

Ages 12&Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB,B1,B4), ruler, erasers or \$20 for materials fee due instructor. \$5 hand out fee.

6 Sessions **\$72**

Instructor: Yolanda Prinsloo
233142 Potomac CC 1/12 M 5:30pm-7:00pm

Art Escapes

Ages 16&Up: Journaling, drawing and watercolor exercises and inspiration for discovering greater creativity and artistic confidence. Call 240-777-6870 to obtain instructor's phone number to obtain material list for this class.

8 Sessions **\$127**

Instructor: Pyper H. Dixon
232015 Germantown CC 1/12 M 6:30pm-8:30pm

Simply Studio

Ages 18&Up: Water-based painting and drawing only. No instruction. Enjoy the creative energy and support of fellow artists as you explore your artistic vision! Share tips, ideas and motivations. Escape the distractions of home. Bring all the art supplies you need (easel optional). Come and go as you like. Each session ends with optional group critique. Still life provided just in case.

8 Sessions **\$60**

Instructor: Nancy Koran
231712 Leland CC 1/26 M 9:30am-12:00pm
231713 Leland CC 1/26 M 12:30pm-3:00pm

Advanced Right Brained Drawing

Ages 12&Up: If you have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class or see the material list on our website (or call 240-777-6870 for list).

10 Sessions **\$118**

Instructor: Yolanda Prinsloo
233779 Potomac CC 1/12 M 7:30pm-9:00pm

NEW Drawing Still Life

Ages 18&Up: Beginners: Discover the fundamentals of drawing still life. A variety of media such as charcoal, pencil, colored pencil, pastel, watercolor, conté, and ink will be used. The instructor will illustrate the techniques to be used and will provide individual attention to each student. There will be weekly group critiques and discussions. Materials discussed in the first class.

9 Sessions **\$140**

Instructor: Paul Zapatka
233783 Wheaton CC 1/12 M 12:30pm-2:30pm

Drawing or Painting - Your Choice

Ages 18&Up: Drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylics or oil aided by instructor's demonstrations of color mixing and general use of materials. This class fills quickly! Materials discussed at the first class.

8 Sessions **\$127**

Instructor: Doris Haskel
231164 Norwood LP (BCC) 1/13 Tu 9:45am-11:45am
231165 Norwood LP (BCC) 1/13 Tu 12:15pm-2:15pm
231166 Norwood LP (BCC) 1/14 W 9:45am-11:45am

NEW Drawing Home Portraits with Penny Kritt

Ages 18&Up: All levels: Drawing buildings is easy! Draw the outside of the cottage where you spent your vacation or the bathroom where you bathed all your kids together in the clawfoot tub. It's easy when you work from photos. Capture memories like they do on HGTV! Call 301-989-1799 for a supply list. Small class size.

5 Sessions **\$85**

Instructor: Penny Kritt
231317 Kritt Studio 1/5 M 7:00pm-9:00pm
231318 Kritt Studio 2/23 M 10:00am-12:00pm

NEW Discovery Painting

Ages 16&Up: Work in oil, acrylic, watercolor on various surfaces and combine media to achieve new looks to your painting surface. All levels of talent will enjoy the lessons and outcomes. Bring a piece of your own created artwork to the first class to share and discover your level and interest. Bring your own materials to class as needed, material discussed in first class.

8 Sessions **\$127**

Instructor: Thomas Kozar
232492 Germantown CC 1/20 Tu 12:00pm-2:00pm

NEW Painting Pets with Penny Kritt

Ages 18&Up: All levels: It's so easy to paint a likeness of your pet or grand-pet! Use watercolor or acrylics to show how Woofy always sleeps right on your feet. Make notecards of Mittens capturing a cricket. Great gift idea. We'll work from tracings, so it's fast and fun. Call 301-989-1799 for a supply list. Class size is limited and held in a working studio.

5 Sessions **\$85**

Instructor: Penny Kritt
231312 Kritt Studio 1/5 M 10:00am-12:00pm

6 Sessions **\$102**

Instructor: Penny Kritt
231313 Kritt Studio 2/17 Tu 10:00am-12:00pm



Painting Still Life with Penny Kritt

Ages 18&Up: Beg/Int. Watercolors or Acrylics. Create a painting of your favorite things - your first blue ribbon, Grandma's wedding ring -- all your best stuff. It's easy. We meet in a working studio, so you'll get lots of help. Call 301-989-1799 for supply list. Class size is limited.

6 Sessions**\$102**

Instructor: Penny Kritt

231314 Kritt Studio 1/6 Tu 10:00am-12:00pm

231315 Kritt Studio 2/17 Tu 7:00pm-9:00pm

Watercolor Experience

Ages 18&Up: Learn to paint, or paint even better in watercolors with a wide range of techniques and in many genres: landscape, still life, figure, floral, etc. Emphasis on mutual development through actual practice and group discussion, under a highly experienced teacher's guidance. Supply list will be discussed in the first class. \$5 hand out fee due to instructor on the first day.

8 Sessions**\$156**

Instructor: Firouzeh Sadeghi

232017 Wheaton CC 1/12 M 9:30am-12:00pm

10 Sessions**\$195**

Instructor: Firouzeh Sadeghi

232016 Tilden MS 1/13 Tu 7:00pm-9:30pm

Chinese Landscapes

Ages 18&Up: Learn the basics of shan-shui (mountain water) including the use of black ink to produce the five tones as well as clouds, mist, waterfall and other landscape features. No text. Brushes, ink, rice paper, and other supplies can be purchased from the instructor at first class for \$28.

10 Sessions**\$157**

Instructor: Helene Sze McCarthy

231168 Bauer Drive CC 1/16 F 10:30am-12:30pm

Chinese Watercolors

Ages 18&Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. No text. \$28 material fee due to instructor at first class.

10 Sessions**\$157**

Instructor: Helene Sze McCarthy

231167 Blair, Montgomery HS 1/14 W 7:30pm-9:30pm

**NEW Painting Skies with Penny Kritt**

Ages 18&Up: All levels. Use watercolor or acrylic to paint the sky! Learn how to paint fluffy clouds and lightning bolts! Paint gentle rain or the last glow of sunset. Simple techniques can help you paint a blanket of stars in your child's room. It's so easy and the results are amazing! Call 301-989-1799 for supply list. Small class size.

5 Sessions**\$85**

Instructor: Penny Kritt

231320 Kritt Studio 2/23 M 7:00pm-9:00pm

6 Sessions**\$102**

Instructor: Penny Kritt

231319 Kritt Studio 1/6 Tu 7:00pm-9:00pm

NEW Acrylic Painting is Fun!

Ages 16&Up: They're easy to paint with, in this enjoyable introductory class, aimed at absolute beginners. You'll learn how to mix and blend colors, use brushes and painter's knife, play with color, paint forms to produce depth and dimension, and paint some familiar objects. All levels welcome. If you have any question please call Shara (instructor) at 301-564-1451.

8 Sessions**\$127**

Instructor: Shara Banisadr

234668 Tilden MS 1/15 Th 6:00pm-8:00pm

Acrylic Painting Techniques

Ages 15&Up: All levels. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You'll love the results! Bring several pictures of what you would like to paint. \$8 material fee covers palette paper and extra paints due to instructor. Call 240-777-6870 for material list.

8 Sessions**\$127**

Instructor: Margaret Deskin

232467 Damascus CRC 1/14 W 6:30pm-8:30pm

232466 Bauer Drive CC 1/17 Sa 10:30am-12:30pm

Oil or Acrylic Painting- Your Choice

Ages 18&Up: Beginners: Learn how to prepare the palette, to start a painting, and to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

8 Sessions**\$127**

Instructor: Doris Haskel

231163 Norwood LP (BCC) 1/12 M 9:45am-11:45am

NEW Mixed Media

Ages 16&Up: Any level welcome. Explore wire sculpture as three-dimensional line drawing, the art of collage, and acrylic painting. We'll talk about supplies at first class. Questions: call Shara at 301-564-1451.

8 Sessions**\$127**

Instructor: Shara Banisadr

234667 Coffield CC 1/13 Tu 6:00pm-8:00pm

Oil Painting from A to Z

Ages 12&Up: All levels. Beginners explore structured lessons in composition, value, color mixing, different ways to start paintings, techniques and materials. Experienced painters can work independently. Individualized attention will given to refine techniques and develop a personal style. Bring sketchpad and 4B pencil or charcoal. Materials discussed in the class.

8 Sessions**\$127**

Instructor: Vivienne Cho

231813 Tilden MS 1/12 M 7:30pm-9:30pm

9 Sessions**\$140**

Instructor: Vivienne Cho

231812 Bauer Drive CC 1/13 Tu 12:30pm-2:30pm



Oil Painting

Ages 12&Up: Beginning to Advanced: Learn new techniques for painting with oil, still life, portraiture and landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call 240-777-6870 for instructor's phone number to obtain material list. Material is also on our website.

10 Sessions **\$157**
Instructor: Yolanda Prinsloo
231866 Potomac CC 1/18 Su 6:00pm-8:00pm

Stone Sculpture

Ages 16&Up: Basic Instruction in the use of stone tools and the types of stone. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and safety glasses to first class for hands on experience.

10 Sessions **\$157**
Instructor: Ann Ruppert
231476 Ross Boddy CC 2/25 W 7:00pm-9:00pm
231477 Ross Boddy CC 2/26 Th 7:00pm-9:00pm

Photography

Basic Photography

Ages 13&Up: This course is intended for those who want to learn basic photographic skills. Learn how both digital and film cameras work and how to use different lenses and other equipment. Emphasis is on learning basic photographic techniques and using them creatively. Portrait lighting and use of flash is covered. Out of class assignments given. A field trip on the Saturday follows the third class. Pictures taken will be shown and discussed in class.

6 Sessions **\$100**
Instructor: George DeBucharanne
231162 Bauer Drive CC 1/12 M 7:00pm-9:30pm

Pottery

Beginning Pottery at East County

Ages 16&Up: If you ever wanted to try pottery, this is the class for you! Designed as an introductory class, you will learn handbuilding and wheel throwing, decorating, and glazing. \$25 material fee due to instructor at class. Covers 25lbs of clay, glazes, slips and other consumables.

6 Sessions **\$95**
Instructor: Pamela Reid
231517 East County CC 1/14 W 7:00pm-9:00pm

Handcrafted Pottery 1

Ages 16&Up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$30 material fee includes 25 pounds of clay and firing, fee due instructor.

10 Sessions **\$157**
Instructor: Pamela Reid
231518 Wheaton CC 1/7 W 10:00am-12:00pm

Pottery at Sligo Creek

Ages 16&Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio lets you discover and work toward your own creative goals. All artists have access to a potter's wheel. \$25 material fee due to instructor at class. January classes \$5 material fee.

4 Sessions **\$95**
Instructor: Angela Schreiber
231512 Sligo Creek ES 1/8 Th 9:30am-12:30pm
231513 Sligo Creek ES 1/8 Th 7:00pm-10:00pm
Instructor: Margaret Dickerson
232565 Sligo Creek ES 1/5 M 7:00pm-10:00pm

12 Sessions **\$280**
Instructor: Josephine Powell
232465 Sligo Creek ES 3/3 Tu 9:30am-12:30pm
Instructor: Angela Schreiber
231514 Sligo Creek ES 3/3 Tu 7:00pm-10:00pm
231515 Sligo Creek ES 3/5 Th 9:30am-12:30pm
231516 Sligo Creek ES 3/5 Th 7:00pm-10:00pm
Instructor: Margaret Dickerson
232566 Sligo Creek ES 3/2 M 7:00pm-10:00pm

Pottery at Leland

Ages 12&Up: All levels: Pottery for everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, under-glazes and texture. \$25 material fee due at first class.

5 Sessions **\$80**
Instructor: Yolanda Prinsloo
231867 Leland CC 1/22 Th 7:00pm-9:00pm

Handcrafted Pottery 2

Ages 16&Up: Intermediate/Advanced: Previous experience with clay, wheelworking or handbuilding required. Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. New techniques, explore glaze making. \$25 material fee due to instructor first day.

10 Sessions **\$157**
Instructor: Pamela Reid
231562 Wheaton CC 1/8 Th 7:00pm-9:00pm

Pottery Open Studio

Ages 18&Up: Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$25 material fee due at first class. \$30 for Germantown location.

10 Sessions **\$200**
Instructor: Pamela Reid
231563 Ross Boddy CC 1/13 Tu 10:00am-2:00pm
231564 Ross Boddy CC 1/13 Tu 6:00pm-10:00pm
231565 Ross Boddy CC 1/15 Th 10:00am-2:00pm

10 Sessions **\$175**
Instructor: Valerie Haber
234689 Germantown CC 1/14 W 6:00pm-9:00pm
12 Sessions **\$216**
Instructor: Margaret Dickerson
231566 Sligo Creek ES 3/4 W 7:00pm-10:00pm



Jewelry

Earrings, Earrings, Earrings!

Age 12&Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, then choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$8 material fee due at class.

1 Session **\$35**

Instructor: Donna Weeks

231462 Bauer Drive CC 1/14 W 7:00pm-9:00pm

231463 Damascus CRC 1/24 Sa 10:30am-12:30pm

236520 Bauer Drive CC 3/11 W 7:00pm-9:00pm

Stained Glass

Stained Glass - Lead

Ages 16&Up: Learn glass cutting, soldering, using glass working tools, techniques and terminology as you are guided step by step through several projects of increasing difficulty level. \$30 materials fee due to instructor at class. Bring a bag lunch.

2 Sessions **\$95**

Instructor: Fran Asbeck

231169 Ross Boddy CC 2/14 Sa 9:30am-4:00pm

Stained Glass - Copper Foil

Ages 18&Up: Build on the basic skills learned in a Lead Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level preassigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor. Bring bag lunch.

2 Sessions **\$95**

Instructor: Fran Asbeck

231170 Ross Boddy CC 2/14 Sa 9:30am-4:00pm

NEW Stained Glass Boxes

Ages 16&Up: Some stained glass experience required. You can cut glass with ease, and fabricate flat panels in copper foil, now take your skills to the next dimension - the third dimension. You will learn how to make a simple stained glass box, then a more decorative box. The instructor will share his personal techniques for squaring up a box, hinging the lid, and using some new tools. Bring a brown bag lunch. \$8 material fee due to instructor at the first class.

2 Sessions **\$95**

Instructor: Fran Asbeck

231171 Ross Boddy CC 3/14 Sa 9:30am-3:30pm



Beginning Wire Work

Ages 12&Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with your own handmade clasp. \$8 material fee due at class.

1 Session **\$35**

Instructor: Donna Weeks

231464 Bauer Drive CC 1/21 W 7:00pm-9:00pm

231465 Upper County CC 2/12 Th 7:00pm-9:00pm

Jewelry Basics

Ages 12&Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Bring small needle nosed pliers and wire cutters to class if you have them. \$6 material fee due to instructor in class.

1 Session **\$35**

Instructor: Donna Weeks

231466 Bauer Drive CC 1/28 W 7:00pm-9:00pm

231467 Damascus CRC 1/31 Sa 10:30am-12:30pm

Bracelets - Easy & Elegant

Ages 12&Up: Discover the basics of bracelet construction from stringing wire to the necessary tools. You'll make at least two bracelets using a variety of materials including gemstones, chip beads, and lampwork beads. \$8 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks

231468 Bauer Drive CC 2/4 W 7:00pm-9:00pm

Teardrop Bead Bracelet

Ages 12&Up: This bracelet is made with over 100 teardrop beads, but who's counting. Learn the basic right angle weave stitch, how to use crimp beads and how to use crimping tools to make a beautiful piece to jewelry. \$8 material fee due instructor at class.

1 Session **\$35**

Instructor: Donna Weeks

231470 Bauer Drive CC 2/11 W 7:00pm-9:00pm

Right Angle Weave Bracelet

Ages 13&Up: If you have looked at any of the bead magazines, you've seen lots of examples of right angle weave work. We'll be using bead stringing wire, seed beads and more to create this bracelet. Once you learn this basic technique, you can change the look entirely by using different shapes and sizes of beads. Easy to do, but please bring your glasses if you need them! \$5 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks

231472 Bauer Drive CC 2/18 W 7:00pm-9:00pm

Crafts

Bath and Beauty Products

Ages 12&Up: Why spend all that money on products when you can create them yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Session **\$35**

Instructor: Donna Weeks

231473 Bauer Drive CC 2/25 W 7:00pm-9:00pm

Beautiful Etched Wine Glasses

Ages 12&Up: Nothing could be easier than this class! Learn to use etching cream, stencils and a paintbrush to create unique, one-of-a-kind designs on glass. Make a practice piece then complete two wine glasses. \$5 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks

231475 Bauer Drive CC 3/4 W 7:00pm-9:00pm

Rubber Stamping Techniques

Ages 14&Up: Beginning/Intermediate. Learn rubber stamping and paper crafting basics including techniques, tools, materials, and papers that will help you create your own handmade and professional cards, invitations, scrapbook photo pages, gifts, packaging, and more. Discover different types of stamps, ink pads, tools and papers available, how to cut paper, how to get a good impression, embossing, and other techniques. Contents vary so experienced stampers will be challenged and learn new ideas. Complete one or more projects per class. \$30 material fee due at class.

5 Sessions **\$75**

Instructor: Carol Lavrich

234670 Wheaton CC 2/24 Tu 7:00pm-9:00pm

The Art of France

Ages 16&Up: Learn how to paint on silk using the 'serti' and other techniques beginners will learn how to stretch the different varieties of silk. Then, explore how to draw on silk using the water and salt resist technique. Also, explore the kind of dyes used. \$40 material fee due to instructor in class for 3-week class, \$35 material fee for one day Saturday workshop.

1 Session **\$50**

Instructor: Nadia Azumi

234688 Damascus CRC 1/31 Sa 10:00am-4:00pm

3 Sessions **\$50**

Instructor: Nadia Azumi

234685 Leland CC 1/14 W 7:00pm-9:00pm

Scrapbooking: Beg/Int Techniques

Ages 14&Up: Learn scrapbooking and papercrafting basics including techniques, tools, materials, and papers that will help you to create your own handmade and professional-looking scrapbooks with elegant layouts for your photos and more. A new skill is introduced each class meeting with follow up activity with designing a scrapbook page. Scrapbooking experienced students will also be challenged and learn new ideas. \$30 material fee per person due at first class.

5 Sessions **\$75**

Instructor: Carol Lavrich

234669 Wheaton CC 1/13 Tu 7:00pm-9:00pm



NEW Scrapbooking:

Die Cutting Made Easy

Ages 14&Up: Especially for scrapbookers, rubber-stampers, papercrafters and other artists and paper-crafters who want to learn die cutting basics including techniques, tools, and materials. Use a manual die-cutting system that cuts and embosses a variety of shapes used for a number of projects and crafts using many different materials with this system such as chip-board, cardstock, metals, and fabric. Learn different types of dies and the machines that are on the market. Emphasis on how to emboss cardstock after cutting, etc. Complete at least three projects encompassing a variety of techniques. All materials needed for class provided for the material fee of \$30 due to instructor at first class.

1 Session **\$75**

Instructor: Carol Lavrich

234673 Upper County CC 1/17 Sa 9:30am-3:30pm

Stamp Camp: Valentine's Day

Ages 14&Up: Let's get an early start making Valentine's Day Cards and Gifts! Spend an day in 'stamp camp' learning rubberstamping and papercrafting basics techniques, tools, materials, and papers that help speed you on your way to creating your own handmade and professional-looking cards, gifts and packaging. The content of this class offers variety so experienced students will also be challenged. Complete a number of card and gift projects with themes to suit Valentine's Day. In the morning focus on learning techniques and working on projects, in the afternoon focus on making cards. \$30 material fee due to instructor in class.

1 Session **\$75**

Instructor: Carol Lavrich

234671 Upper County CC 2/7 Sa 9:30am-3:30pm

The Art of Venice

Ages 16&Up: Learn centuries old Venetian art technique that involves cutting detailed prints and forming them into three dimensional pieces of art. Learn how to cut correctly, use silicone glue, separate the prints by numbers and glue the prints on top of each other. Learn to cover the white marks where you cut the prints, and then lacquer the prints into outstanding pictures. You can give this 'quandri' as they are called, for gifts, for your office or home. \$40 material fee due to instructor at class.

3 Sessions **\$50**

Instructor: Nadia Azumi

234684 Leland CC 1/13 Tu 7:00pm-9:00pm



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Dance for Youth

In order to offer the highest quality program, children must be the appropriate age at the start of class. Parents are required to wait outside the room during class time, unless otherwise stated in description.

NEW African Dance

Ages 7-11: This energetic rhythmic dance is a wonderful opportunity for children to explore the essence and rhythms of African dance. Have fun while learning the rhythms and movements of this dance. Each dancer learns to personalize and strengthen their dance skills while coming together with the whole class to create a meaningful expressive dance that captures the dynamic energy of African dance.

8 Sessions **\$68**
Instructor: Fodsalu Conteh
234565 North Bethesda MS 1/14 W 7:30pm-8:30pm

Tap-n-Tykes

Ages 3-4: This class is a perfect introduction to tap dance for the younger child. The class features music, rhythm, and timing which is essential to the beginning learner. Emphasis is on repetition, music, rhythm, and timing as these younger dancers begin to learn tap dance. Tap shoes required.

8 Sessions **\$71**
Instructor: Joanne Segrera
233267 Potomac CC 1/10 Sa 10:00am-10:45am

Tap-n-Kids

Ages 5-6: This energetic tap class offers skill development for beginner tappers. The program introduces proper technique, sound, breakdown and the traveling step. The class will introduce leg and ankle warm-up followed by progression work and center combination. The class focuses heavily on musicality, rhythm, and timing which are an essential part of tap training. Along with technique the class will also teach showmanship and a little pantomime. Tap shoes are required for class.

8 Sessions **\$71**
Instructor: Joanne Segrera
233266 Potomac CC 1/10 Sa 11:00am-11:45am

Pre Ballet by Jazzmatazz

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well-fitted, all leather ballet slippers, in the colors of your choice, are the dress requirements for class.

10 Sessions **\$88**
Instructor: Miss Krissi
234065 Marilyn J. Praisner CC 1/17 Sa 11:15am-12:00pm
Instructor: Miss Betsy
234066 Long Branch CC 1/17 Sa 11:15am-12:00pm



Expressive Dance and Kids Kraft

Ages 4-5: Students learn classical movements and creative dance through story dances. Props and scenery are added to enhance this class. Uniform: Sky Blue long sleeved leotard, pink tights and leather ballet slippers. Hair up in ballet bun.

11 Sessions **\$49**
Instructor: Kim Bell
233466 Redland MS 1/10 Sa 10:00am-10:30am

Comprehensive Classical Ballet

Ages 5-6: Beginner II: Students are taught the basic elements of classical ballet through the RAD method of training. Ballet posture, leg/arm coordination and terminology are introduced at this level. Uniform: Black long sleeved leotard, pink tights and pink ballet slippers. Hair in a ballet bun.

11 Sessions **\$96**
Instructor: Kim Bell
233467 Redland MS 1/10 Sa 10:30am-11:15am

NEW Performance Dance Workshop/ PLANETS

Ages 8-12: Students train in a classical and character dance technique class. Performance skills, training, rehearsals, and performance complete this workshop. Participant must have two years of training in a dance discipline and some experience on stage.

11 Sessions **\$170**
Instructor: Kim Bell
233465 Leland CC 1/9 F 4:00pm-5:45pm

Ballet

Ages 4-8: Beginner: Introduces the young dancer to basic movements of ballet and ballet terminology. Perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

10 Sessions **\$88**
Instructor: Grace Oleson

Ages 4-5
233765 Potomac CC 1/13 Tu 4:30pm-5:15pm

Ages 5-8
233766 Wheaton CC 1/15 Th 4:00pm-4:45pm

233767 Wheaton CC 1/15 Th 5:00pm-5:45pm

NEW Tap & Ballet

Ages 4-7: Beginner: A combination class introducing tap and ballet, emphasizing basic exercises, combinations, and creativity. Dancers should have tap and ballet shoes for first class. Question contact Ms. Aresta at Sandra.Aresta@verizon.net

9 Sessions **\$80**
Instructor: Sandra Aresta
234661 McNair ES 1/17 Sa 10:00am-10:45am
234540 Leland CC 1/21 W 4:15pm-5:00pm
234543 Germantown CC 1/23 F 3:30pm-4:15pm
234541 Leland CC 1/17 Sa 11:00am-11:45am
234542 Rock Creek Valley ES 1/17 Sa 11:30am-12:15pm



Tap, Ballet & Jazz

Ages 4-14: Beginner: A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations. Class requires comfortable clothes to move in, soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. Practice CD is available for \$10 (purchase is optional). Performance for family and friends on the last day of the class. Fun, fitness, and a great way to find out if your child really wants to dance. Questions call Rowena DeLuca at 301-593-0618 or e-mail ladyrowena.d@verizon.net

8 Sessions **\$70**

Instructor: Rowena DeLuca

234615 N Four Corners LP 1/10 Sa 12:00pm-1:00pm

234617 N Four Corners LP 1/10 Sa 9:00am-9:45am

234618 N Four Corners LP 1/10 Sa 10:00am-10:45am

Ages 5-13: Intermediate:

8 Sessions **\$70**

Instructor: Rowena DeLuca

234619 N Four Corners LP 1/10 Sa 11:00am-12:00pm

Hip Hop into High School Musical

Ages 7-11: Want to learn the hip hopping dance steps that are so popular in the musicals? This invigorating class will feature dance steps that focus on developing rhythm, stretching, isolations, strength and endurance. This is a great way to get your head in the game now as you stride with pride in this energetic class.

10 Sessions **\$88**

Instructor: Studio 310

234590 Germantown CC 1/8 Th 5:30pm-6:15pm

No Stop Hip Hop for Kids!

Ages 6-9: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

10 Sessions **\$88**

Instructor: Studio 310

234596 Potomac CC 1/5 M 5:30pm-6:15pm

234597 Potomac CC 1/8 Th 5:30pm-6:15pm

NEW Pre-Hip Hopping KidsDance

Ages 5-8: This is a great hip-hop class for the younger kids. The class introduces the latest hip hop moves at the level that is perfect for the younger dancers. Kids love this energetic dance!

10 Sessions **\$80**

Instructor: Sandra Aresta

234666 Leland CC 1/22 Th 4:00pm-4:45pm

235369 Germantown CC 1/29 Th 4:15pm-5:00pm

235370 McNair ES 1/17 Sa 11:00am-11:45am

NEW Hip Hopping Kids Dance!

Ages 7-10: This hip hopping class introduces all of the latest hip hop moves. The class is high energy and focuses on stretching, steps that develop rhythm, balance, strength and endurance. Students will learn steps and perform complete hip hop dance routines in a positive and encouraging environment. If your child enjoys watching the latest hip hop it is time to get them to do the steps for themselves!

9 Sessions **\$80**

Instructor: Sandra Aresta

234663 Leland CC 1/22 Th 5:00pm-5:45pm

234662 McNair ES 1/17 Sa 11:45am-12:30pm

NEW Musical Theater Dance

Ages 6-9: For the budding performance dancer who wants to learn basic dance movements in Broadway plays. This fun-filled class offers opportunity for students to build confidence and skills and to learn the rhythm and movement necessary in music theater. Perfect for the beginner or student with experience that lacks the confidence to audition just yet. Whether Broadway bound or just interested in dancing, this is a great way to start.

10 Sessions **\$88**

Instructor: Studio 310

234601 Potomac CC 1/7 W 4:30pm-5:15pm

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well-fitted, all leather ballet slippers, in colors of your choice, are dress requirements for class.

10 Sessions **\$88**

Instructor: Miss Betsy

234043 Long Branch CC 1/17 Sa 9:15am-10:00am

234044 Long Branch CC 1/17 Sa 10:15am-11:00am

Instructor: Miss Krissi

234045 Marilyn J. Praisner CC 1/17 Sa 10:15am-11:00am

Kids Dance I

Ages 2-5: Adult participation required. You'll want to sign up quickly for this popular class! Join the fun as we introduce young children to the world of dance emphasizing rhythm and coordination. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

9 Sessions **\$80**

Instructor: Sandra Aresta

234318 Rock Creek Valley ES 1/17 Sa 9:30am-10:15am

234316 North Chevy Chase LP 1/21 W 10:00am-10:45am

234319 Wheaton CC 1/22 Th 12:00pm-12:45pm

234317 Germantown CC 1/23 F 11:45am-12:30pm

Kids Dance Alone

Ages 3½-6: Children dance alone; no adult participation. You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

9 Sessions **\$80**

Instructor: Sandra Aresta

234531 Leland CC 1/17 Sa 10:00am-10:45am

234533 Rock Creek Valley ES 1/17 Sa 10:30am-11:15am

234532 Leland CC 1/21 W 3:30pm-4:15pm

234535 Germantown CC 1/23 F 12:30pm-1:15pm

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required.

10 Sessions **\$88**

Instructor: Grace Oleson

233768 Potomac CC 1/13 Tu 3:30pm-4:15pm

233769 Germantown CC 1/14 W 10:00am-10:45am

233770 Germantown CC 1/14 W 11:00am-11:45am



*My daughter loved it (Kid's Dance).
She practices at home all the time.*

Dance for Adults

In addition to these classes, please see new *Baby Boomer* section for dance classes specifically designed for ages 43 to 63.

Tap

Tap Dance for Adults

Ages 16&Up: Beginner: An introduction to the basics of tap and its terminology. For further information, please call 301-593-0618 or email ladyrowena.d@verizon.com

8 Sessions **\$70**

Instructor: Rowena DeLuca

227813 Cap View-Homewd LP 1/7 W 6:00pm-7:00pm

234624 Marilyn J. Praisner CC 1/9 F 12:00pm-1:00pm

Intermediate:

8 Sessions **\$70**

Instructor: Rowena DeLuca

227817 Cap View-Homewd LP 1/7 W 7:00pm-8:00pm

227818 Marilyn J. Praisner CC 1/9 F 11:00am-12:00pm

Advanced:

8 Sessions **\$70**

Instructor: Rowena DeLuca

234625 Cap View-Homewd LP 1/7 W 8:00pm-8:45pm

Hip Hop & High Energy

High Energy Cardio Hip Hop

Ages 18&Up: Beginner: This sizzling high energy class is the fast track to funky fun. This is the perfect way to get all the cardio benefits of an aerobic workout in a dance class. No dance experience necessary but a positive attitude and energy is all that is needed to learn these hot hip hop moves with a Latin flavor.

10 Sessions **\$88**

Instructor: Studio 310

234584 Germantown CC 1/6 Tu 6:30pm-7:30pm

234586 Studio 310 1/10 Sa 9:30am-10:30am

234585 Studio 310 1/12 M 6:30pm-7:30pm



Zumba

Ages 16&Up: Beginner/Intermediate: Zumba is a high energy intense Latin Dance. This fast rhythm class is offered for the beginner however intermediate students can add dynamic moves and energy. Zumba provides an opportunity to creatively exercise while dancing your stress away!

10 Sessions **\$88**

Instructor: Studio 310

234604 Studio 310 1/6 Tu 6:30pm-7:30pm

African Dance (Adults)

Ages 16&Up: This energetic dance class immerses the student in the rhythm, spirit and excitement of African Dance. The energy of the class allows you to articulate your expression of spirit and freedom through the liberation of dance. Intermediate students are invited to soar with the beginner students as the dance experience is unleashed in this creative journey of self-expression and inspiration.

8 Sessions **\$68**

Instructor: Fodsalu Conteh

234568 North Bethesda MS 1/14 W 8:30pm-9:30pm

Ballroom

Registration Change and Update: All students registered in Ballroom Dance, Rhythm, Swing and Latin Dance must register per person. Some classes require that students have a registered partner to participate in the class. Please see class description to determine whether the class you are interested in requires a partner.

For additional information please contact the instructor directly. Instructors: Joe Kim 301-774-3126, Tony Seleme 202-386-2060, Rebecca McKinney 202-669-7723, Thomas Woll 703-591-3839, Herb Fredericksen 301-869-3987.

Ballroom I Beginners (Couples)

Ages 16&Up: Beginner: Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least 4-5 patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included.

9 Sessions **\$63**

Instructor: Tony Seleme

233066 Bauer Drive CC 1/5 M 7:00pm-8:00pm

Instructor: Rebecca McKinney

233068 Bethesda ES 1/5 M 7:00pm-8:00pm

10 Sessions **\$70**

Instructor: Joe Kim

233070 Olney ES 1/9 F 7:30pm-8:30pm

Instructor: Thomas Woll/Ann Basso

233067 Glenmont LP 1/15 Th 7:00pm-8:00pm

Ballroom I (Singles & Couples)

Ages 16&Up: Beginner: The basic ballroom dances to include Waltz, Foxtrot, Rumba, Cha Cha, and Swing. Students change partners frequently. Does not require a partner to attend.

8 Sessions **\$56**

Instructor: Thomas Woll/Tony Dunn

233418 N Four Corners LP 1/12 M 7:00pm-8:00pm

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Ballroom II (Couples)

Ages 16&Up: Intermediate: Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on the class's progress additional dances may be included.

9 Sessions \$63

Instructor: Tony Seleme

233073 Bauer Drive CC 1/5 M 8:00pm-9:00pm

Instructor: Rebecca McKinney

233075 Bethesda ES 1/5 M 8:00pm-9:00pm

10 Sessions \$70

Instructor: Joe Kim

233072 Olney ES 1/9 F 8:30pm-9:30pm

Instructor: Thomas Woll/Ann Basso

233071 Glenmont LP 1/15 Th 8:00pm-9:00pm

Ballroom III (Couples)

Ages 16&Up: Intermediate/Advanced: Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session.

10 Sessions \$70

Instructor: Thomas Woll/Ann Basso

233417 Gwendolyn Coffield CC 1/13 Tu 8:00pm-9:00pm

Ballroom IV (Couples)

Ages 16&Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session.

10 Sessions \$70

Instructor: Thomas Woll/Ann Basso

233361 Glenmont LP 1/15 Th 9:00pm-10:00pm

Ballroom Practice & Party (Couples)

Age 16&Up: Intermediate/Advanced: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact the instructor directly.

10 Sessions \$90

Instructor: Tony Seleme

234194 Holiday Park SrC 1/9 F 7:00pm-10:00pm

Dance for the Special Occasion (Singles & Couples)

Ages 18&Up: This dance class covers the ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following, in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

8 Sessions \$56

Instructor: Herb Fredricksen

233760 Germantown CC 1/14 W 8:15pm-9:15pm

Ballroom Wedding Dances (Couples)

Ages 18&Up: Beginner: Learn to dance for that special occasion, your wedding, or just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance.

8 Sessions \$56

Instructor: Thomas Woll/Tony Dunn

233365 Potomac CC 1/14 W 8:00pm-9:00pm

10 Sessions \$70

Instructor: Rebecca McKinney

233364 Holiday Park SrC 1/6 Tu 7:00pm-8:00pm

Ballroom Waltz (Couples)

Ages 16&Up: Learn this classical slow dance that is the opening to all formal dances. This beautiful dance is the most graceful and perfected social dances. Registration fee is per person, must have a registered partner to participate.

10 Sessions \$70

Instructor: Rebecca Mckinney

236421 Holiday Park SrC 1/6 Tu 8:00pm - 9:00pm

Wheelchair Ballroom & Social Dance

Ages 15&Up: Get started in the exciting dances made famous on 'Dancing with the Stars', such as the romantic Rumba, the elegant Waltz, and the passionate Tango. Learn practical tips on how to dance together in any social situation. Join us for a 'no barriers' introduction to partner dancing with plenty of practice time. Both manual wheelchair and power wheelchair will be taught. Please note: scooters are not suitable for this class. No dance experience is necessary. The seated dancers must be able to move their own wheelchairs. The standing partners should at least have average balance, strength, and agility. Fee is per person, each student must have a registered partner in the class. For additional information, please call Sue Green at 301-448-6243.

10 Sessions \$75

Instructor: Sue Green

233265 Holiday Park SrC 1/10 Sa 11:00am-12:00pm



We loved the Ballroom Dance class. Even my husband who hated to dance is now comfortable on the dance floor. Outstanding instruction!



Rhythm

Foxtrot (Couples)

Ages 18&Up: Have fun in this class learning Foxtrot variations with great choreography and styling. Fee is per person. Must have a partner to be registered in the class.

10 Sessions **\$70**

Instructor: Tony Seleme
234192 Holiday Park SrC 1/6 Tu 7:00pm-8:00pm

Instructor: Rebecca Seleme
236422 Leland CC 1/8 Th 7:00pm-8:00pm

Swing, Swing, Swing! (Singles & Couples)

Ages 16&Up: Learn the basics of 6 count swing sometimes called Jitterbug. This class will focus on learning beginner level moves, lead/follow interactions, and adding a little Charleston flair. Partners welcome, but not required. Instructors will participate in the rotations to give you individual attention. For additional information, please e-mail lisanewell2000@yahoo.com.

10 Sessions **\$70**

Instructor: Lisa Newell
232115 Upper County CC 1/7 W 7:00pm-8:00pm

Swing Charleston (Singles & Couples)

Ages 16&Up: Learn the basics of this spirited 8 count swing dance that originated in the 1920's. Progress through side-by-side, face-to-face, and Charleston kick variations. Dance music includes ragtime, jazz, as well as a more contemporary swing. Learn to incorporate your new moves with other forms of swing dancing. Partners welcome, but not required. Instructors will participate in the rotations to give you individual attention. For additional information please e-mail lisanewell2000@yahoo.com.

10 Sessions **\$70**

Instructor: Lisa Newell
232116 Upper County CC 1/7 W 8:00pm-9:00pm

Swing (Singles & Couples)

Ages 16&Up: Beginners: This is a East Coast Swing starting with the single swing for an easy start, then progress to Triple Swing. Added tinge of Jive Flavor. Will change partners frequently. Registration per person, a partner is not required.

10 Sessions **\$70**

Instructor: Joe Kim
233764 Longwood CC 1/8 Th 8:00pm-9:00pm

Swing (Couples)

Ages 16&Up: Beginner: Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is a East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing.

10 Sessions **\$70**

Instructor: Rebecca McKinney
234269 Leland CC 1/15 Th 8:00pm-9:00pm

DC Hand Dancing (Singles & Couples)

Ages 18&Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

8 Sessions **\$56**

Instructor: Thomas Woll/Tony Dunn

233416 Potomac CC 1/14 W 7:00pm-8:00pm

233415 N Four Corners LP 1/12 M 9:00pm-10:00pm

Latin

Rumba (Couples)

Ages 16&Up: Rumba is the spirit and soul of Latin American music and dance. The energizing rhythms and bodily expressions make the Rumba one of the most popular Latin dances. Learn Rumba motions using Rumba variations. Experience fun while learning the preciseness of the exhilarating dance.

10 Sessions **\$70**

Instructor: Tony Seleme

234193 Holiday Park SrC 1/6 Tu 8:00pm-9:00pm

Salsa (Singles & Couples)

Ages 16&Up: Beginner: Learn today's hottest dance-Salsa! Unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to insure a balance. Students change partners frequently.

8 Sessions **\$56**

Instructor: Thomas Woll/Tony Dunn

233363 Potomac CC 1/14 W 9:00pm-10:00pm

233362 N Four Corners LP 1/12 M 8:00pm-9:00pm

Salsa & Merengue (Single)

Ages 13&Up: Beginner. Popular worldwide. Great exercise for agility development. Includes partner dance, solo free style and practice to mini choreographed routine. Students change partners frequently. Does not require a partner to attend the class.

10 Sessions **\$70**

Instructor: Joe Kim

233761 Barnsley, Lucy ES 1/7 W 7:30pm-8:30pm

233762 Longwood CC 1/8 Th 7:00pm-8:00pm

Ages 13 & Up: Intermediate/Advanced: Prerequisite: Salsa beginner class or solid basic knowledge. Review beginner Salsa and quickly add on advanced skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to class. Students change partners frequently.

10 Sessions **\$70**

Instructor: Joe Kim

233763 Barnsley, Lucy ES 1/7 W 8:30pm-9:30pm

Tango (Couples)

Ages 13&Up: Beginner/Intermediate. American and International Standard Tango.

9 Sessions **\$63**

Instructor: Rebecca McKinney

234265 Bethesda ES 1/5 M 9:00pm-10:00pm



Argentine Tango, the Dance of Love

Ages 16&Up: Herb Fredricksen teaches the sensual Argentine Tango. Herb's students called him 'Mae-stro' for his work promoting their beloved dance.

8 Sessions **\$56**

Instructor: Herb Fredericksen
235487 Potomac CC 1/15 Th 9:00pm - 10:00pm

Ragtime Dances from Joplin to Sousa

Ages 16&Up: The new syncopated music of Ragtime, 1890-1915, opened the door to generations of unique American dances, Salty Dog and 12th Street Rags, Foxtrots, Grizzly Bears, Bunny Hugs, Turkey Trots and a hundred other Animal Dances that loosened us up for the Jitterbug and Swing decades later. Sousa's uplifting marches helped old World dances morph into New World Onesteps while Joplin's Rags encouraged proper Schottisches to become the free moving Twostep dances that exist today. Learn the pure fun of it all from Dance Master and Living Dance Historian Herb Fredricksen.

8 Sessions **\$56**

Instructor: Herb Fredericksen
235500 Potomac CC 1/15 Th 8:00pm-9:00pm

International Dance**Belly Dancing (Middle Eastern) I**

Ages 11&Up: Beginner Level 1. Sophisticated...spiritual...irresistible...This dance is suitable for all ages, shapes, and sizes, and does not require any prior dance experience. Belly dancing provides an aerobic workout that is gentle on the body, trims the waist, and is exhilarating for the spirit! Students learn the foundations of ancient Middle Eastern dance movements and muscle control while exploring Middle Eastern rhythms and melodies. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

10 Sessions **\$88**

Instructor: Studio 310
234605 Studio 310 1/8 Th 7:30pm-8:30pm

Anna's Belly Dancing

Ages 12&Up: Beginner/Intermediate. Come learn the secrets to the exotic Middle East. Leotard and tights recommended. Questions: Call Anna Pappas at 240-669-6546.

10 Sessions **\$70**

Instructor: Anna Pappas
235219 Potomac CC 1/12 M 7:30pm-8:30pm

Bollywood/Bhangra

Ages 10&Up: Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions **\$68**

Instructor: Kumud Mathur
232117 Potomac CC 1/6 Tu 8:00pm-9:00pm

Find a Mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!

Irish Ceili and Country Sets

Ages 18&Up: This class focuses on both the basics of Irish Ceili and Country Set Dances and gives you a chance to develop your steps and movements. This interactive class gets you up and moving. Singles and doubles are welcome. Students should wear comfortable thin leather soled shoes and loose light clothing. Jim Keenan, native of County Armagh, Ireland, teaches country set dancing in both the US and Europe. Through his research and teaching he has helped revive traditional country sets as well as receiving commissions for original choreography.

6 Sessions **\$51**

Instructor: James Keenan
234408 Beverly Farms ES 1/7 W 7:30pm-8:30pm

5 Sessions **\$43**

Instructor: James Keenan
234409 Beverly Farms ES 4/8 W 7:30pm-8:30pm

Ages 18&Up: Intermediate: This class focuses on the finer points of a basic set of Irish Ceili and Country Set Dances, introduces some newly revived or created dances, and gives you a chance to further develop your steps. This interactive class gets you up and moving. Singles and doubles are welcome. Students should wear comfortable thin leather soled shoes and loose light clothing. Jim Keenan, native of County Armagh, Ireland, teaches country set dancing in both the US and Europe. Through his research and teaching he has helped revive traditional country sets as well as receiving commissions for original choreography.

6 Sessions **\$51**

Instructor: James Keenan
234411 Beverly Farms ES 1/7 W 8:30pm-9:30pm

5 Sessions **\$43**

Instructor: James Keenan
234412 Beverly Farms ES 3/4 W 8:30pm-9:30pm

International Folk Dance

Ages 18&Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Question: call 301-871-8788 or e-mail diamonddancecircle@comcast.net.

Instructor: Phyllis Diamond

9 Sessions **\$60**

233419 Leland CC 1/5 M 7:30pm-10:00pm

6 Sessions **\$40**

233420 Leland CC 2/2 M 7:30pm-10:00pm

4 Sessions **\$27**

233421 Leland CC 2/23 M 7:30pm-10:00pm

Dances of Oktoberfest

Adults: Learn the dances of Herb Fredricksen's German Dance Group 'Bairisch und Steirisch' the official performers in the Germantown Oktoberfest. Landlers: Austria's original Waltz forms; Scohtisches: German time honored Twostep/Onestep combinations; Czech Polkas and Polish Mazurkas and more. Then be surprised as Herb interprets how their elements became part of Swing, Disco, Hustle, County Western and Salsa.

8 Sessions **\$56**

Instructor: Herb Fredricksen
233759 Germantown CC 1/14 W 7:15pm-8:15pm





Square & Line Dancing

Square Dance questions: call Betsy Taylor at 301-589-4868.

Basic Square

Ages 8&Up: Intermediate: For those who have completed a beginner course.

10 Sessions **\$40**

Instructor: Betsy Taylor

234400	Wheaton CC	1/7	W	7:00pm-8:00pm
234399	Schweinhaut SrC	1/8	Th	10:00am-11:00am
234401	Schweinhaut SrC	1/10	Sa	12:30pm-1:30pm

Square Plus

Ages 8&Up: For those who have completed Mainstream.

10 Sessions **\$40**

Instructor: Betsy Taylor

234405	Wheaton CC	1/7	W	8:00pm-9:00pm
234404	Schweinhaut SrC	1/8	Th	11:10am-12:10pm

Contra

Ages 8&Up: Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner.

10 Sessions **\$40**

Instructor: Betsy Taylor

234407	Schweinhaut SrC	1/10	Sa	1:30pm-2:30pm
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Line Dance

Ages 16&Up: No experience required but having fun is mandatory! This fun-filled class will teach you the basic patterns and steps for line dancing. You will be dancing as part of the group but will individualize your dance moves as you learn to move not only your legs and feet but whole body!

Beginner:

8 Sessions **\$70**

235470	Barnsley ES	1/17	Sa	10:00am-11:00am
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Intermediate: Continuation of Beginner

8 Sessions **\$70**

235485	Barnsley ES	1/17	Sa	11:00am-12:00pm
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Cowboy Dancing Plain and Fancy

Ages 16&Up: Learn the great social dances that helped settle the west, from the early days of the Alamo to the heydays of the classic western films: Put your Little Foot, Teton Mountain Stomp, Calico Polka, original Cotton Eyed Joes and Cowboy Twosteps, Waltzes, Polkas and Schottisches, all taught to the special music of their day. If you don't know why C-W is hyphenated or C/W is slashed its because there is a difference. We're talking traditional Austin vs contemporary Nashville.

8 Sessions **\$56**

Instructor: Herb Fredericksen

235486	Potomac CC	1/15	Th	7:00pm-8:00pm
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Music for Youth & Adults

See *Tiny Tots* for music classes for ages 6 months-5 years.

Exploring Music and Piano Level IA

Ages 5-10: A progressive program; participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

10 Sessions **\$215**

Instructor: Music for Life

234169	Golden School of Music	1/12	M	5:00pm-6:00pm
234173	Golden School of Music	1/17	Sa	12:30pm-1:30pm

Exploring Music and Violin Level IA

Ages 5-10: A progressive program based on the successful elements of Exploring Music and Piano classes. Students should bring their own violin. \$10 material fee due to instructor at class.

10 Sessions **\$215**

Instructor: Music for Life

234165	Potomac CC	1/11	Su	11:00am-12:00pm
234166	Golden School of Music	1/12	M	6:00pm-7:00pm

Group Piano Adults

Ages 18&Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class.

Beginner

No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

9 Sessions **\$135**

Instructor: William Palmer

Level A

233774	Holiday Park SrC	1/12	M	12:15pm-1:05pm
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Level B

233772	Holiday Park SrC	1/12	M	11:00am-11:50am
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233771	Holiday Park SrC	1/12	M	1:15pm-2:05pm
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Level C

233773	Holiday Park SrC	1/12	M	8:00pm-8:50pm
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Instructor: Elizabeth Duncan

Level A

233775	Holiday Park SrC	1/16	F	3:15pm-4:05pm
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233778	Holiday Park SrC	1/17	Sa	1:30pm-2:20pm
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Level B

233776	Holiday Park SrC	1/17	Sa	10:30am-11:20am
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Level C

233777	Holiday Park SrC	1/17	Sa	11:30am-12:20pm
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Advanced Beginner

Ages 18&Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

9 Sessions **\$135**

Instructor: William Palmer

Level A

233782 Holiday Park SrC 1/13 Tu 8:00pm-8:50pm

Level B

233780 Holiday Park SrC 1/12 M 2:30pm-3:20pm

Level B

Instructor: Elizabeth Duncan

233781 Holiday Park SrC 1/17 Sa 12:30pm-1:20pm

Intermediate

Ages 18&Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

9 Sessions **\$135**

Instructor: William Palmer

Level A

233784 Holiday Park SrC 1/12 M 7:00pm-7:50pm

233786 Holiday Park SrC 1/13 Tu 11:00am-11:50am

233787 Holiday Park SrC 1/13 Tu 1:15pm-2:05pm

233788 Holiday Park SrC 1/13 Tu 7:00pm-7:50pm

Level B

233785 Holiday Park SrC 1/13 Tu 10:00am-10:50am

Instructor: Elizabeth Duncan

Level A

233790 Holiday Park SrC 1/17 Sa 9:30am-10:20am

Level B

233789 Holiday Park SrC 1/16 F 12:15pm-1:05pm

Group Piano Advanced

Ages 18&Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

9 Sessions **\$135**

Instructor: William Palmer

Level C

233792 Holiday Park SrC 1/13 Tu 12:15pm-1:05pm

Instructor: Elizabeth Duncan

Level B

233793 Holiday Park SrC 1/16 F 1:15pm-2:05pm

Level C

233794 Holiday Park SrC 1/16 F 2:15pm-3:05pm

String Quartets Live-Unparalleled Musical Experiences

Ages 15&Up: Among the greatest musical works of Western Civilization are the string quartets of Ludwig van Beethoven. Enjoy live performances by the Beethoven-to-Bartok String Quartet. Each class includes a different work described in 'read along' outlines, plus discussion and musical examples. This entertaining approach enlightens beginner listeners, as well as challenges knowledgeable musical experts. Explore two trilogies that Beethoven wrote in his middle and late periods: the Razumovsky quartets (Opus 59, #1, 2 and 3) and the quartets of Opus 132, Opus 130 with the Grosse Fugue, and Opus 132. Discover how each are interconnected, and how the earlier trilogy served as a model for the trilogy of later quartets. Learn about the controversy surrounding the Grosse Fugue. Price includes all materials. For more information, e-mail Dr. Berman at moishepyp@msn.com.

8 Sessions **\$145**

Instructor: Joel Berman

236519 Bethesda-Ch Chase HS 1/26 M 7:00pm - 9:00pm

Guitar

Guitar Level I

Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), tuner (electronic for class at Tilden, a tuning fork for classes at Praisner and Longwood and a pencil. Songbook required purchase for Tilden class only, approx. \$14. Questions? Call Brian Gross (Tilden) at 301-320-6999 or Kevin Hayton (Praisner & Longwood) at 240-242-3466.

8 Sessions **\$88**

Instructor: Brian Gross

234011 Tilden MS 1/13 Tu 7:00pm-8:00pm

Instructor: Kevin Hayton

234014 Bauer Drive CC 1/12 M 4:00pm-5:00pm

234012 Marilyn J. Praisner CC 1/14 W 7:00pm-8:00pm

234013 Longwood CC 1/15 Th 7:00pm-8:00pm

Guitar Level II

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, a tuning fork and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999 or Kevin Hayton at 240-242-3466.

8 Sessions **\$108**

Instructor: Brian Gross

234049 Tilden MS 1/13 Tu 8:00pm-9:00pm

Instructor: Kevin Hayton

234050 Marilyn J. Praisner CC 1/14 W 8:00pm-9:00pm

234051 Longwood CC 1/15 Th 8:00pm-9:00pm





Voice

Voice Level I

Ages 12&Up: Level I Beginner: From the casual singer to the American Idol hopeful, the debate team member to the budding actor and the courtroom lawyer to the bedtime-story reader or anyone who uses her/his voice will enjoy and benefit from this class! The fundamentals of vocal production are explored with emphasis on breathing, range extension, vocal stamina and tone quality. Learn to use your voice in a healthy way and to sing without stress in this stress-free environment. Questions? Email lovestoteachmusic@yahoo.com

6 Sessions **\$64**

Instructor: Alison Leadbetter-Hines
232515 Tilden MS 1/21 W 7:30pm-8:30pm

Voice Level II

Ages 12&Up: Prerequisite: level I with Leadbetter-Hines. Continue your vocal journey by discovering and mastering additional techniques and receiving interpretation/performance coaching in a 'Master Class' type environment. Individual instruction will be provided on the piece of your choice, to be presented in recital as your last class, with date and time TBA.

7 Sessions **\$75**

Instructor: Alison Leadbetter-Hines
232516 Tilden MS 1/21 W 8:30pm-9:30pm

If you would like to make a tax deductible donation to Friends of Recreation, which helps support Department facilities or enables a needy child or teen to enjoy a positive recreation experience, simply make your check payable to Montgomery Parks Foundation and indicate how you want your gift to be used.

Send your check to: Friends of Recreation,
4010 Randolph Road, Silver Spring, MD 20902.

FOR is affiliated with the non-profit Montgomery Parks Foundation. To learn more about FOR, call 240-777-4920 or check our webpage at www.montgomerycountymd.gov/rec.

**Friends of
RECREATION**
Montgomery County

Cooking

Kids Can Cook, Too!

NEW Cooking with Chef Bryan

Ages 7-12: Fast food is way over rated but creating good food fast is way in! Whether you want to do something better than zap it, or you aspire to become a chef, this is the place to be this summer. Each day we'll create and consume a full meal including Far East favorites, marvelous Mexican meals, all American, incredible Italian, all day breakfast and more! While you are in our kitchen, we'll give plenty of tips on how to survive in your kitchen. You'll be able to impress your family and friends with simple yet creative and delicious meals. This program is presented in partnership with the City of Gaithersburg Parks, Recreation and Culture. Price includes all materials. Take home recipes included. Special care is taken to tailor each session's menus to the age group. To obtain a full menu for your session, please go to www.bryanskitchen.com.

3 Sessions **\$140**

Instructor: James B Davis
234496 Chef Bryan's Kitchen 1/20 Tu 4:30pm-6:30pm
234501 Chef Bryan's Kitchen 2/24 Tu 4:30pm-6:30pm

Family Chefs

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts & fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$40 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation. See youth arts for more family participation classes.

6 Sessions **\$55**

Instructor: Abigail Dion
234595 Potomac CC 2/2 M 4:00pm-5:00pm

NEW Family Chefs - Valentine Favorites

Ages 4-15: Sweets for the Sweets...if you are living with a diabetic or someone who is at risk, you don't need to fear, or skip the foods of the Valentine's Day holiday. 'One Bite Won't Hurt You!' Cooking facts & fun based on the successful Tiny Hands Chefs with a twist - let us help you set your Valentine's Day table with mouth watering dishes and sweets that everyone will love! Come and explore new decadent desserts. We'll savor the sweets of our labor and clean up in this new workshop that makes Valentine's Day once again a conversation piece for diabetics and the day a 'family affair'. Parent participation required. \$25 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation. See youth arts for more family participation classes.

1 Session **\$28**

Instructor: Abigail Dion
234600 Longwood CC 2/3 Tu 6:00pm-8:00pm

Wine & Dine

These very popular wine instruction classes uniquely pair food preparation and wine tasting. Attributes and origins of the wine are discussed in detail, as well as how the wine pairs with selected foods, and proper ways to serve wine. Wine is chosen on availability; substitutions may occur. Wine samples provided, no refund or allowances if you elect to refuse food or wine or if you miss the class (see withdraw/refund guidelines, under registration information). Classes are extremely popular and often have waitlists. If you register early and later discover a conflict, please call us so that we can fill your spot from the waitlist. Picture ID for proof of age 21 required at class.

The Wonderful World of Wine & Cheese

Ages 21&Up: A Match Made in Heaven-Cheese and cheesy dishes paired with wine to tease the palate! When paired up, wine and cheese do their part to bring out the best in each other, and even the experts can't agree on any absolutes in the wine and cheese pairing match; but all of us wine and cheese snobs agree that there's no worry about faux pas when pairing wine and cheese. It's understood that we're talking about a delectable wine and a delectable cheese, together! We'll prepare some tasty cheese dishes including the newest and most popular nation-wide dish-deep fried macaroni and cheese. We'll also create a traditional cheese platter with some non-traditional cheeses thrown in. With all the wonderful treats we'll taste at least 9 wines and pair and compare. Remember, in this class we cook, then clean and taste the wine and food together. Take home recipes. \$20 food and wine fee due instructor at class time.

1 Session **\$52**
Instructor: James Davis
234574 Ross Boddy CC 1/9 F 7:00pm-10:00pm



Great Bargain Wines

Ages 21&Up: Great tasting and easy on your pocket-book wines! Whether you're drinking from the newest stemless glasses, exclusive Riedel crystal goblets or a mason jar, nothing tastes as satisfying as a good bargain. Off I go to my local Montgomery County Liquor store to fill the cart with at least 9 of the areas best bets for wine that doesn't cost an arm and a leg or even a full \$20. The menu will be determined about a week before class, once I have chosen our excellent variety of wines. You have my promise that we will have fine dinning and no whining! Remember, in this class we cook, then clean and taste the wine and food together. Take home recipes. \$20 food and wine fee due instructor at class time.

1 Session **\$52**
Instructor: James Davis
234575 Ross Boddy CC 2/6 F 7:00pm-10:00pm

The Wines of South America

Ages 21&Up: Take a grape trip south of the equator! Thrilling things are happening to our neighbor's wines from the Southern Hemisphere. The wine producing nations of South America are making great strides in improving the quality of their product. While Chilean wines are the most predominant on the foreign market, Argentina is increasing quality, and making an impact. There is also a small amount of wine coming out of Uruguay. We'll offer wines from all three countries (based on availability) and pair our white wine selections with a cheese and onion quiche; prepare a wonderful sausage and seafood paella to taste with our full bodied whites and lighter reds; and we'll cook up a pasta with a lamb and meatball sauce that will set your taste buds all aflutter. Remember, in this class we cook, then clean and taste the wine and food together. Take home recipes. \$20 food and wine fee due instructor at class time.

1 Session **\$52**
Instructor: James Davis
234576 Ross Boddy CC 3/6 F 7:00pm-10:00pm

The Art of Wine Making

Ages 21&Up: If you whine about the price of wine or can't find one to suit your tastes, this course is ripe with solutions! It is designed to provide you with a practical understanding of home wine making. It's not just squishing grapes. Through lecture and demonstration, you'll discover the secret ingredients which will enable you to make great wine with confidence. Wine Making kits will be available for purchase, optional, with prices ranging \$80 and up.

1 Session **\$35**
Instructor: Richard Baldwin
234190 Good Hope CC 3/23 M 7:00pm-9:00pm

Now We're Really Cooking...

The Dinner Party

Ages 15&Up: Home style entertaining fun without the stress! Now this is the way to plan a party! We'll make easy to do at home recipes that will show off your newly acquired cooking skills. We'll begin with salmon satay with Asian chili dipping sauce for an appetizer. Then we'll create a unique Caribbean pumpkin and black bean soup to complement braised chicken breasts with artichokes, mushrooms and peppers and our smushed pan fried potatoes. All this and more will set the perfect dinner party table that is sure to please all your guests. This will be an exceptional dinner, so bring an appetite Take home recipes. \$15 food fee due instructor at class time

1 Session **\$50**
Instructor: James Davis
234425 Ross Boddy CC 1/6 Tu 7:00pm-9:30pm



All Greek to Me

Ages 15&Up: Greek food is simple and elegant, with flavors subtle to robust, textures smooth to crunchy, fresh and timeless, nutritious and healthy. An adventurous journey to the cradle of civilization and to the land of the Gods of Olympus. Come and discover tasty dishes such as Greek feta chicken with lemon oregano, lemon roasted potatoes, cucumber feta mint salad. Take home recipes. \$15 food fee due at class.

1 Session **\$50**

Instructor: Alba Johnson

234693 Ross Boddy CC 1/15 Th 7:00pm-9:30pm

Quick Breads and Biscuits

Ages 15&Up: Rise to the occasion for just a little dough! We'll start with the world's best banana bread! Then we'll fix Shirley's Touch of Grace biscuits and top them with butter and jam, and we'll create a Vidalia onion crusted bread that makes wonderful sandwiches. Look for a surprise or two. This class features take home recipes as well as plenty to eat! So bring an appetite because we eat what we fix. \$15 food fee due at class.

1 Session **\$50**

Instructor: James Davis

234428 Ross Boddy CC 1/20 Tu 7:00pm-9:30pm

Be Your Own Economic Personal Chef!

Ages 15&Up: The secrets of 'fix-ahead food.' You will cook with the experts and learn how to prepare 2 weeks worth of food. How to schedule your every-other-Saturday cook day; shop, cook, package, label and store. Really good food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. We will prepare a full lunch as part of the experience, so come with an appetite. Take home recipes for 2 weeks worth of meals including side dishes. \$15 food fee due at class.

1 Session **\$63**

Instructor: James Davis

234402 Ross Boddy CC 1/24 Sa 10:30am-2:30pm

Fresh Fish

Ages 15&Up: Down to the sea bounty for a few clams! Our fine fish school will start with a wonderful pan fried pecan crusted white fish with a remoulade sauce. Then, after everything goes swimmingly, we'll move on to a roasted salmon with Pinot Noir sauce and our big fin-ish will be a big ole' bucket of steamed mussels a la meunier. Add couple of appropriate side dishes and we're ready complete this wonderful meal and enjoy our efforts. Take home recipes. \$15 food fee due at class.

1 Session **\$48**

Instructor: James Davis

234459 Ross Boddy CC 2/3 Tu 7:00pm-9:30pm

**Knife Skills**

Ages 18&Up: The cutting edge! The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. Hands-on class emphasizes proper technique, safety, selection of proper knives and care and upkeep. Use our knives, bring your own (we'll evaluate them) or purchase new ones from the complete line of professional knives available (and get a discount). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during class. Lunch will be prepared, so bring an appetite. \$15 food fee due at class.

1 Session **\$50**

Instructor: James Davis

234403 Ross Boddy CC 1/31 Sa 10:30am-1:30pm

Stocks, Sauces and Soups

Ages 15&Up: The secret to wonderful home cooking! Chicken stock forms the base of many delicious and different soups and sauces and after we create our own, then we'll prepare a wonderful home made potato leek soup. We'll follow up with more great sauces, including pesto and a reduction sauce. We'll also do a dessert coulis. Class features plenty to eat, as well as take home recipes, so bring an appetite! \$15 food fee due at class.

1 Session **\$50**

Instructor: James Davis

234486 Ross Boddy CC 2/14 Sa 10:30am-1:30pm

Italian Dinner Party

Ages 15&Up: Your fantastic excursion to Naples! The wonderful recipes in Guiliano Bugiali's 'Foods of Naples,' one of the best Italian Cookbooks, will serve as our tour guide! First, we'll explore an appetizer of mozzarella in carrozza (mozzarella in a carriage, Neapolitan style); then we'll discover a sacicce e friarelli (sausages and broccoli rabe) along with a marvelous pasta la carrettiera di Procida (pasta from procida). Tips, meals and recipes are included so bring an appetite. \$15 food fee due at class.

1 Session **\$48**

Instructor: James Davis

234488 Ross Boddy CC 2/17 Tu 7:00pm-9:30pm

A Taste of Tuscany

Ages 15&Up: Tuscany (Toscana) is the heartland of Italy with foods reflecting the very best home cooking, its roots originating from cucina povera (peasant cooking). The Tuscans are well known for their superior yet simple dishes, which arise from using the freshest available products. They believe in enhancing the purity and natural flavor of ingredients, rather than trying to camouflage with excess sauces and seasonings. Discover the treasures of authentic Tuscan cuisine with such dishes as Burro e salvia (Sage and butter) tortellini, Florentine sausage and beans, Tuscan Caesar salad. Take home recipes. \$15 food fee due at class.

1 Session **\$50**

Instructor: Alba Johnson

234694 Ross Boddy CC 2/26 Th 7:00pm-9:30pm

Tempting Moroccan Appetizers

Ages 15&Up: Moroccan cuisine is rich in spices. Spices are used to enhance the flavor of food. Cooking Moroccan-style food is a feast for the senses. Savor the unique and fresh taste of appetizers such as tahini olive dip, classic roasted pepper and pesto hummus, roasted sweet onion and garlic spread, toasted herbed pita chips, Moroccan iced tea. Take home recipes. \$15 food fee due to instructor.

1 Session **\$50**

Instructor: Alba Johnson

234695 Ross Boddy CC 3/19 Th 7:00pm-9:30pm



Creative Cooking Techniques

Ages 15&Up: Cooking in comfort without recipes! Here is a return of an almost brand new class that sold out in the last two sessions. Designed to assist you in becoming at ease in your home kitchen, we will work with guidelines more than recipes, ratios more than quantities and appearance and temperature rather than time. In addition to marvelous food, each class will feature a different exercise to help improve your cooking skills; emphasis on knife skills, cooking techniques and roasting requirements. Since we will not have menus, and each student will devise their own menu during each class, we can only list general categories. The first session will be red meat, stocks and root vegetables; session two will be lighter meats (pork and chicken), green vegetables and sauces; the final session will be seafood, pasta and salads. Maximum of 12 students \$50 food fee due to instructor at first session. Class will meet on March 3, 10 and 17

3 Sessions \$150

Instructor: James Davis
234406 Ross Boddy CC 3/3 Tu 7:00pm-9:30pm

USA's - A- Cookin'

Ages 15&Up: The wonders of American regional comfort foods. Our great country has more hidden gems of delicious foods that are made with ingredients native to certain regions. Join us on a cross-country tour as we uncover new and exciting recipes. From the South, we'll create spicy collard greens with turkey; the upper Midwest offers us a prairie style bean soup with beef ribs; the Southwest provides us with a hearty Mexican corn bread; to finish our trip we'll whip up a New England dessert of baked apple dumplings. This class features take home recipes as well as plenty to eat. \$15 food fee due at class.

1 Session \$50

Instructor: James Davis
234490 Ross Boddy CC 2/21 Sa 10:30am-1:30pm

Basic Cooking Skills

Ages 15&Up: Your first step in the kitchen! The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. We'll learn some knife skills, learn the difference between sauté, stew, roast and braise. We'll fix a first-class lunch in the process. The menu includes a wonderful apple meatloaf with five spice glaze, stuffed baked potatoes and a wonderful Louisiana coleslaw. \$15 food fee due instructor at class time.

1 Session \$50

Instructor: James Davis
234410 Ross Boddy CC 3/7 Sa 10:30am-1:30pm

Basic Cooking Skills Continuing

Ages 15&Up: Your next comfort step in the kitchen! We will cover more knife skills and other creative cooking techniques to ease your time in the kitchen and, of course, we'll prepare some great food as we go along. Starting with chicken breast with apricot sauce, accompanied by a smooth and creamy risotto and the freshest veggies we can find at the market. Dessert will be homemade cupcakes with frosting. We eat what we fix so come with an appetite. \$15 food fee due instructor at class time.

1 Session \$50

Instructor: James Davis
234420 Ross Boddy CC 3/14 Sa 10:30am-1:30pm

Spanish Cooking Techniques

Ages 15&Up: The wonderful world of Spanish cuisine. Spanish fare is some of the most distinctive and delicious in the world. Now you can experience at taste of Spain. We'll begin with a Spanish tortilla and add a lovely seafood paella. We'll compliment that with a salad made with Manchego Cheese, almonds and dates. We'll round out our offerings with a sample of Spanish beverages. This will be a great MEAL so bring an appetite because we eat what we fix. Take home recipes. \$15 food fee due instructor at class.

1 Session \$48

Instructor: James Davis
234493 Ross Boddy CC 3/31 Tu 7:00pm-9:30pm

The Mediterranean Vegan Kitchen

Meal in a Bowl Soups

Ages 18&Up: Warm up this winter with delicious and nutritious Mediterranean soups that are free of meat, eggs and dairy. Join local cookbook author Donna Klein as she demonstrates these high fiber and cholesterol-free classics; Egyptian lentil, provençal bouillabaisse of spinach, potatoes and chickpeas, Sicilian barley and Tuscan pasta and bean. More than a soup, these are meals in a bowl! Samples provided. \$5 food fee due to instructor at class.

1 Session \$40

Instructor: Donna Klein
234211 Tilden MS 1/28 W 7:00pm-9:30pm

The Gluten Free Vegetarian Breakfast

Ages 18&Up: See how easy it is to create breakfast and brunch favorites, free of wheat and gluten, with local cookbook author Donna Klein! Mouth watering recipes demonstrated include buttermilk pancakes, Belgian style waffles, banana bread and crustless roasted red pepper and cheddar cheese quiche. Samples provided. \$5 food fee due to instructor at class.

1 Session \$40

Instructor: Donna Klein
234208 Tilden MS 3/11 W 7:00pm-9:30pm



I had a pleasurable learning experience. Simply wonderful, fun and informative!



Exercise & Fitness for Youth

For more Youth Programs, see *Instructional Sports for Youth & Adults*. Youth ages 13-15 may attend some Adult Fitness, Exercise, and Wellness classes if accompanied by an adult. See individual class description.

Baton 1 Beginner

Ages 4-10: Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at zipjld@aol.com

10 Sessions \$61

Instructor:	Juliana Duda			
227832	McAuliffe, S. Christa ES	1/5	M	3:15pm-4:00pm
227833	Olney ES	1/6	Tu	6:15pm-7:00pm
227834	Woodfield ES	1/7	W	7:00pm-7:45pm
227835	Germantown CC	1/7	W	5:00pm-5:45pm
227836	Damascus ES	1/8	Th	6:30pm-7:15pm
227837	Damascus CRC	1/8	Th	4:30pm-5:15pm
233315	Kingsview MS	1/10	Sa	9:30am-10:15am
227838	Damascus CRC	1/10	Sa	10:00am-10:45am

Cheerleading 1

Ages 5-14: Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: call Phil Brudner at 301-865-9499.

4 Sessions \$71

Instructor:	Philip Brudner			
227839	Germantown CC	1/13	Tu	5:00pm-7:00pm



The Ultimate Boxing Workout for Youth

Ages 6-15: Beginners: (Adults are encouraged to join, see *Exercise and Fitness for Adults*). Beginner-Advanced: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout. Questions: call Larry Johnson at 301-681-3344

8 Sessions \$68

Instructor:	Larry Johnson			
227845	Beth-Chevy Chase HS	1/5	M	6:15pm-7:30pm
227846	Upper County CC	1/6	Tu	5:45pm-7:00pm
227847	Wheaton CC	1/7	W	5:30pm-6:45pm
227848	East County CC	1/8	Th	5:45pm-7:00pm
234675	Kingsview MS	1/9	F	6:00pm-7:15pm
227849	Marilyn J. Praisner CC	1/10	Sa	10:00am-11:15am

The Ultimate Jump Off-Youth

Ages 6-15: (Adults are encouraged to join, see *Exercise and Fitness for Adults*) Learn jump rope techniques that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a former kickboxing champion with 28 years experience. Use it alone or as a complement to The Ultimate Boxing Workout. Questions: call Larry Johnson at 301-681-3344

8 Sessions \$43

Instructor:	Larry Johnson			
227853	Beth-Chevy Chase HS	1/5	M	8:15pm-9:00pm
227854	Upper County CC	1/6	Tu	7:45pm-8:30pm
227855	East County CC	1/8	Th	7:00pm-7:45pm
233529	Marilyn J. Praisner CC	1/10	Sa	1:15pm-2:00pm

The Dynamic Ab Workout-Youth

Age 10-15: (Adults are encouraged to join, see *Exercise and Fitness for Adults*) Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. (Bethesda/ Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth or Adult. Questions: call Larry Johnson at 301-681-3344

8 Sessions \$43

Instructor:	Larry Johnson			
227860	Beth-Chevy Chase HS	1/5	M	7:30pm-8:15pm
227861	Upper County CC	1/6	Tu	7:00pm-7:45pm
227862	East County CC	1/8	Th	7:00pm-7:45pm
227863	Marilyn J. Praisner CC	1/10	Sa	12:30pm-1:15pm

Junior Jazzercise

Ages 5-12: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: call Jennifer Sambataro at 301-916-3533.

10 Sessions \$72

Instructor:	Jennifer Sambataro			
227864	Poolesville ES	1/9	F	3:20pm-4:05pm

Circuit Works

Ages 6-12: A fun, non-competitive circuit training program for boys and girls that include strength training with a personal trainer on safe, hydraulic circuit equipment plus cardio workouts and games with jump ropes, balls, hoops and more. A complete conditioning class that will benefit the participant through weight and stress management, enhanced sports performance and endurance, self-confidence and a general sense of well-being. Questions: call 301-975-0099 or email celia@funfit.us

7 Sessions**\$67**

Instructor: Funfit®

234683 Funfit Family Fitness Center 1/21 W 5:30pm-6:15pm

Introduction to Weight Training-Youth

Ages 13-15: Small group introduction into weight training for teens designed to teach weight room etiquette, proper stretching, cardiovascular equipment and the proper techniques of circuit training combining weight machines and free weights. Assistance in developing a personal program for you to continue on your own. Instructor is a certified trainer. Completion of program will allow teens to purchase an Exercise Room Pass at a reduced price (with adult-18&Up supervision)! Question:s call Fred Mosby at 202-210-3234 or email fmosby@comcast.net or Doug Schwanke at 301- 774-7184 or email dcschwanke@yahoo.com.

4 Sessions**\$71**

Instructor: Fred Mosby

234204 Damascus CRC 1/17 Sa 10:00am-11:00am

234205 Germantown CC 2/28 Sa 10:00am-11:00am

Instructor: Douglas Schwanke

234203 Potomac CC 1/10 Sa 9:30am-10:30am

234206 Bauer Drive CC 2/7 Sa 9:30am-10:30am

NEW T'ween Girl Fitness Expo

Ages 8-12: Girls rule! Join your friends for an awesome workout that will make you sweat and smile at the same time. What do you get when you mix cool music with perfect fitness moves designed just for you? You get the best of both worlds. All levels are welcome! Bring a towel/mat, water bottle and great attitude! Email Bridgit for more information at fitkids@gottamove.us.

4 Sessions**\$40**

Instructor: Bridgit Avon

233170 Damascus CRC 1/10 Sa 10:00am-11:00am

**Exercise & Fitness for Adults****Ballet Exercise**

Ages 16&Up: Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing. Bring light hand weights, a mat, soft ballet shoes (or barefeet) and tennis shoes. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience. Questions: call 301-942-5168

8 Sessions**\$48**

Instructor: Esther Kish

227889 Luxmanor ES 1/6 Tu 7:15pm-8:15pm

Bio Aerobics Cardio Fit High/Low

Ages 16&Up (13-16 if accompanied by a parent/guardian): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member FITA & CPR certified instructors. Questions: call 410-519-4186

16 Sessions**\$74**

Instructor: Company Bio Aerobics Inc.

233331 Great Seneca Creek ES 1/20 Tu, Th 6:30pm-7:30pm

233332 Germantown CC 1/22 Th, M 7:00pm-8:00pm

Bio Aerobics Tone & Firm

Ages 16&Up (13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Please bring a mat or towel. Resistance devices optional. Instructors are FITA and CPR certified. Questions: call 410-519-4186

16 Sessions**\$74**

Instructor: Company Bio Aerobics Inc.

233333 Banneker, Benjamin MS 1/20 Tu, Th 7:45pm-8:45pm

The Ultimate Boxing Workout

Ages 16&Up: (Youth are encourage to register, see Exercise and Fitness for Youth) Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to Dynamic Ab Workout. Questions: call Larry Johnson at 301-681-3344

8 Sessions**\$68**

Instructor: Larry Johnson

227841 Beth-Chevy Chase HS 1/5 M 6:15pm-7:30pm

227840 Upper County CC 1/6 Tu 5:45pm-7:00pm

227842 Wheaton CC 1/7 W 5:30pm-6:45pm

227843 East County CC 1/8 Th 5:45pm-7:00pm

234676 Kingsview MS 1/9 F 6:00pm-7:15pm

227844 Marilyn J. Praisner CC 1/10 Sa 10:00am-11:15am

I've never been in better shape. I'm more mentally confident and physically fit. I feel great.

Larry Johnson is just terrific!

YOU CHOOSE THE START DATE!

Register Anytime For These Programs! Enjoy workouts at locations and times convenient to your schedule. Passes are valid from your date of registration for the specified number of months and/or sessions.

A.C.T. The Workout

Ages 16&Up: A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Program is designed to allow self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. **Take your receipt to any class location below to pick up your session pass from the instructor.** Your pass is valid for 3 months from the first class attended at any ACT location.

Class Locations	Days	Times
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Praisner Community Center	M, W	7:00-8:00pm
Wayside Elementary School	M, W	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac Community Center	Sat	9:00-10:00am
Wayside Elementary School	Sun	9:30-10:30am

Register anytime from January 5-April 3 for these course passes.

12 Sessions	\$60.00
227865	
227866	
227867	
18 Sessions	\$80.00
227868	
227869	
227870	
24 Sessions	\$100.00
227871	
227872	
36 Sessions	\$145.00
227878	

**Jazzercise**

Ages 13&Up: Includes warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, Yoga, kick-boxing and FUN for every age and fitness levels. Register Anytime! Enjoy workouts at locations and times convenient to your schedule. There are no restrictions on number of classes you can attend. Your registration is valid for 2 months from first class taken. Take your receipt to first class location below for the instructor.

Class Locations	Days	Times
Upper County CC	T, Th, F	9:30am-10:30am
Upper County CC	M/W	6:30pm-7:30pm
Damascus CC	M/W	7:00pm-8:00pm
Germantown CC	M/F	6:00am-7:00am

Register anytime from January 5-April 3 for these course passes.

2-Month Pass	\$97
Instructor: Diane Elmore	
234635	

The Sergeant's Program

Ages 18 & Up: An outdoor, no frills, military style program offering result-based structured workouts by highly trained instructors. Co-ed training for all fitness levels. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance. Out of Shape? Attend a beginner Boot Camp. In good shape? You will love our Maintenance Program. Classes meet 5 days/wk (M-F) Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, and Rockville. Your pass is valid for 2 months (40 sessions) from the first class attended.

Location addresses and times can be found on MCRD website: www.montgomerycountymd.gov/rec or email cdyson@sarge.com or call 301-994-1230 ext. 712 Register anytime from January 5-April 3 for these course passes.

Boot Camp & Maintenance Program

For students new to the Sergeant's Program.

Two-Months (40 Session)	\$ 299
234648	

The Sergeant's Program, Continuing

Ages 18& Up: Continuing student's who have taken either Boot Camp or Maintenance Sergeant's Program through MCRD in the past. Location addresses and times can be found on MCRD website: www.montgomerycountymd.gov/rec or email cdyson@sarge.com or call 301-994-1230 ext. 712

Two-Months (40 Session)	\$ 239
234681	

The Ultimate Jump Off

Ages 16&Up: (Youth are encouraged to register, see **Exercise and Fitness for Youth**) Learn jump rope techniques that will optimize cardiovascular conditioning and maximize athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity for the whole family to get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*. Questions: call Larry Johnson at 301-681-3344

8 Sessions **\$43**

Instructor: Larry Johnson

227850	Beth-Chevy Chase HS	1/5	M	8:15pm-9:00pm
227851	Upper County CC	1/6	Tu	7:45pm-8:30pm
227852	East County CC	1/8	Th	7:45pm-8:30pm
233528	Marilyn J. Praisner CC	1/10	Sa	1:15pm-2:00pm

The Dynamic Ab Workout

Age 16&Up: (Youth are encouraged to register, see **Exercise and Fitness for Youth**) Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*. Questions: call Larry Johnson at 301-681-3344

8 Sessions **\$43**

Instructor: Larry Johnson

227856	Beth-Chevy Chase HS	1/5	M	7:30pm-8:15pm
227857	Upper County CC	1/6	Tu	7:00pm-7:45pm
227858	East County CC	1/8	Th	7:00pm-7:45pm
227859	Marilyn J. Praisner CC	1/10	Sa	12:30pm-1:15pm

NEW Cardio Core Conditioning

Ages 16&Up: Join Sabrina for a challenging cardio workout sure to get your heart pumping! Cardio challenge with integrated core work, lunges, and a pair of 5 to 10 pound weights will help you to sculpt your body in the next 8 weeks! This is a total body workout for adults. Please bring a pair of weights, mat, and a towel. Water is also encouraged. Questions contact Sabrina at sabrinamcnair@yahoo.com.

8 Sessions **\$55**

Instructor: Sabrina McNair

233318	East County CC	1/7	W	7:45pm-8:30pm
233319	East County CC	1/10	Sa	10:15am-11:00am

Core and Stretch Conditioning

Ages 16&Up: A concentrated 30 minute abs style class that will work your core muscles (abs, low back, obliques, etc) using calisthenics, resistance bands, and dumbbells followed by stretching. Instructor is a certified Personal Trainer. Questions: call Doug Schwanke at 301-774-7184 or email dcschwanke@yahoo.com

8 Sessions **\$37**

Instructor: Douglas Schwanke

234215	Potomac CC	1/5	M, W	7:30pm-8:00pm
234216	Potomac CC	2/9	M, W	6:30pm-7:00pm

Dance & Fitness

Ages 16&Up (13-15 if accompanied by a parent/guardian): Complete cardiovascular aerobic workout for all those who love music and movement - women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions: email dancenfitness@verizon.net

24 Sessions **\$132**

Instructor: Jinjer Azurée

227894	Leland CC	1/5	M, W	6:00pm-7:00pm
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Instructor: Angela Martz

227895	Flower Hill ES	1/5	M, W	7:00pm-8:00pm
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Instructor: Elaine Waldstreicher

227896	Glenallan ES	1/5	M, W	7:30pm-8:30pm
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Instructor: Katy Wiemers

227893	Rock View ES	1/6	Tu, Th	7:00pm-8:00pm
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Instructor: Alice Donnelly

227892	Potomac CC	1/6	Tu, Th	6:00pm-7:00pm
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Instructor: Lois Schneider Antos

227890	Veirs Mill LP	1/6	Tu, Th	9:30am-10:30am
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Instructor: Trish Baker

227891	Bauer Drive CC	1/6	Tu, Th	4:30pm-5:30pm
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Dance & Fitness Add a Class

Ages 16&Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday -Thursday or Saturday during our regular classes and keep dancing at a different location! Questions: contact dancenfitness@verizon.net

12 Sessions **\$66**

Instructor: Katy Wiemers

227899	Veirs Mill LP	1/10	Sa	9:00am-10:00am
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\$66

Instructor: see any of the regular locations

227900	TBA	1/5	M-Th	see above
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Definitions Low Impact Aerobics

Ages 16&Up: Get your heart rate up with the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative class. Judy is a AFAA and CPR certified instructor. Beginner to intermediate level. Be prepared to enjoy yourself and workout at the same time. Questions call Juliet Rodman at 301-229-7555 or email Juliet@wellnesscorporatesolutions.com

20 Sessions **\$120**

Instructor: Judy Brookes
233346 Clara Barton CC 1/5 M, F 9:15am-10:15am

Definitions Mat Pilates

Ages 16&Up: A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE & CPR certified. Questions: call Juliet Rodman at 301-229-7555 or email Juliet@wellnesscorporatesolutions.com

12 Sessions **\$108**

Instructor: Melissa Brown
233349 Clara Barton CC 1/7 W 8:30am-9:15am

Definitions Strength Training

Ages 16&Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE & CPR certified. Perfect for beginners and intermediates. Questions: call 301-229-7555 or email Juliet@wellnesscorporatesolutions.com

24 Sessions **\$144**

Instructor: Juliet Rodman
233347 Clara Barton CC 1/6 Tu, Th 9:15am-10:15am
233348 Clara Barton CC 1/6 Tu, Th 6:30pm-7:30pm

Dynaerobics

Ages 16&Up (13-15 if accompanied by a parent/guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions: contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

22 Sessions **\$127**

Instructor: Lee Berry
227929 Wyngate ES 1/5 M, W 6:00pm-7:00pm
Instructor: Nancy Dameron
227930 Cloverly ES 1/5 M, W 6:30pm-7:30pm

24 Sessions **\$138**

Instructor: Gail Oring
227931 Bauer Drive CC 1/6 Tu, Th 6:00pm-7:00pm

12 Sessions **\$69**

Instructor: Regina Gaither
227932 Bauer Drive CC 1/10 Sa 10:00am-11:00am

**Dynaerobics Body Challenge**

Ages 16&Up (13-15 if accompanied by a parent/guardian): A full 75 minutes of Coed fitness. Includes high and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions: contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

24 Sessions **\$173**

Instructor: Lee Berry
227933 Bauer Drive CC 1/6 Tu, Th 7:00pm-8:15pm

Dynaerobics Body Sculpting

Ages 16&Up (13-15 if accompanied by a parent/guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions: contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

22 Sessions **\$127**

Instructor: Gina Dols
227935 Bauer Drive CC 1/5 M, W 6:00pm-7:00pm

12 Sessions **\$69**

Instructor: Regina Gaither
227936 Bauer Drive CC 1/10 Sa 11:00am-12:00pm

Group Workout Pilates On The Ball

Ages 16&Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 202-210-3234 or email fmosby@comcast.net

12 Sessions **\$110**

Instructor: Fred Mosby
234195 Damascus CRC 1/5 M, W 6:00pm-7:00pm
234196 Germantown CC 1/6 Tu, Th 6:00pm-7:00pm

10 Sessions **\$92**

Instructor: Fred Mosby
234197 Damascus CRC 2/23 M, W 6:00pm-7:00pm
234198 Germantown CC 2/24 Tu, Th 6:00pm-7:00pm



Montgomery County
RECREATION
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

Group Personal Training

Ages 16&Up: Designed for individuals working out in a small group setting involving strength training, cardiovascular conditioning, and flexibility exercises. Questions: contact Doug Schwanke at 301-774-7184 or dcswanke@yahoo.com

8 Sessions **\$142**

Instructor: Douglas Schwanke

234209 Potomac CC 1/5 M, W 6:30pm-7:30pm

234210 Potomac CC 2/9 M, W 6:30pm-7:30pm

Jacki Sorensen's Aerobic Dance

Ages 16&Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions: call Karin at 301-414-0058

9 Sessions **\$54**

Instructor: Karin Baker

233356 Potomac CC 1/6 Tu 9:00am-10:00am

233357 Potomac CC 1/8 Th 9:00am-10:00am

Jacki Sorensen's Strong Step

Ages 16&Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor at 301-414-0058 to verify availability.

9 Sessions **\$54**

Instructor: Karin Baker

233358 Potomac CC 1/9 F 9:00am-10:00am

Jazzmatazz Low Impact Aerobics

Ages 16&Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for at least two days a week to achieve the best results.

9 Sessions **\$54**

Instructor: Betsy Saunders

233517 Marilyn J. Praisner CC 1/13 Tu 5:30pm-6:30pm

233518 Marilyn J. Praisner CC 1/15 Th 5:30pm-6:30pm

233519 Wheaton CC 1/13 Tu 7:15pm-8:15pm

233520 Wheaton CC 1/15 Th 7:15pm-8:15pm

**Jazzmatazz Aerobics Light**

Active Seniors & Beginners Ages 18&Up: A fun filled, choreographed, very low to no impact aerobic workout emphasizing cardiovascular strength and endurance along with muscular strength and flexibility. To achieve best results, students are strongly encouraged to register for both days.

9 Sessions **\$54**

Instructor: Betsy Saunders

233515 Wheaton CC 1/13 Tu 9:00am-10:00am

233516 Wheaton CC 1/15 Th 9:00am-10:00am

Jazzmatazz Pilates

Ages 16&Up: A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

9 Sessions **\$68**

Instructor: Betsy Saunders

233521 Sligo MS 1/12 M 7:00pm-8:15pm

233522 Sligo MS 1/14 W 7:00pm-8:15pm

Kelley's Complete Fitness Workout

Ages 13&Up: A safe, effective program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions: contact Pam at 301-774-6342

9 Sessions **\$68**

Instructor: Pamela Kelley

233351 Wheaton CC 1/12 M 9:00am-10:15am

11 Sessions **\$83**

Instructor: Pamela Kelley

233352 Bauer Drive CC 1/14 W 9:00am-10:15am

233353 Longwood CC 1/14 W 7:15pm-8:30pm

Kelley's Extended Workout

Ages 13&Up: Same program as above, but with an extended, more intense stretch time. Bring mat or towel; light hand weights optional. Instructor has a BS Degree in Physical Education with 20 plus years of experience. Questions: contact Pam at 301-774-6342

9 Sessions **\$81**

Instructor: Pamela Kelley

233354 Longwood CC 1/12 M 7:00pm-8:30pm

11 Sessions **\$99**

Instructor: Pamela Kelley

233355 Wheaton CC 1/15 Th 9:00am-10:30am

NEW Kickboxing

Ages 16&Up: High impact, Tae Bo style workout designed to make you sweat and shed those unwanted pounds. For more information contact Liz at 301-838-0310

10 Sessions **\$60**

Instructor: Studio 310

234658 Studio 310 1/5 M 7:30pm-8:30pm

234682 Studio 310 1/7 W 7:30pm-8:30pm



NEW LIA Power House

Ages 18&Up: LIA Power House-low impact aerobics power hour! Nothing fancy-just moves designed to make you sweat! Cardio, strength and stretch included every session. Drop the kids off at school and join me for a great workout. All levels welcome. Email Bridgit at bfit@gottamove.us for more information.

8 Sessions **\$48**
Instructor: Bridgit Avon
233171 Damascus CRC 1/5 M 9:45am-10:45am

Mat Pilates

Ages 16&Up: Pilates challenges the entire body while strengthening the core. Strong abdominals, healthy back, flexibility, and better posture await you! Also great for your balance and overall body strength. Please bring mat or towel. Water is also encouraged. Questions: contact Sabrina at sabrinamcnair@yahoo.com or 240-354-1661.

8 Sessions **\$55**
Instructor: Sabrina McNair
233316 East County CC 1/6 Tu 8:00pm-8:45pm
233317 East County CC 1/10 Sa 11:15am-12:00pm

Movin' with Millie: Aerobic Slimnastics

Ages 16&Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength training. Please bring mat, dynaband, and hand weights to class. Questions: call Millie at 301-588-3577.

12 Sessions **\$78**
Instructor: Mildred Norwood Trimble
233343 Pilgrim Hills LP 1/7 W 9:30am-10:45am
233344 Pilgrim Hills LP 1/9 F 9:30am-10:45am

Small Group Intro to Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Questions: call Fred Mosby at 202-210-3234 or email fmosby@comcast.net or Doug Schwanke at 301-774-7184 or dcshwanke@yahoo.com

4 Sessions **\$71**
Instructor: Fred Mosby
234201 Damascus CRC 1/12 M 7:15pm-8:15pm
234200 Germantown CC 1/15 Th 7:15pm-8:15pm
234202 Damascus CRC 2/23 M 7:15pm-8:15pm
234207 Germantown CC 2/26 Th 7:15pm-8:15pm
Instructor: Douglas Schwanke
234199 Potomac CC 1/10 Sa 10:30am-11:30am
235923 Bauer Drive CC 2/7 Sa 10:30am-11:30am

NEW Total Body Conditioning

Ages 18&Up: High impact, nonstop, bootcamp style workout that will really make your muscles burn while you burn those unwanted calories. In this class you will use benches, light weights, resistance bands, and other fitness techniques to get your muscles toned. For more information contact Liz at 301-838-0310

10 Sessions **\$60**
Instructor: Studio 310
234664 Studio 310 1/16 F 9:30am-10:30am

Tai Chi, Beginning

Ages 16&Up (13-15 if accompanied by a parent/guardian): An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome.

10 Sessions **\$90**
Instructor: Andy Shettino
227902 Bauer Drive CC 1/5 M 7:00pm-8:00pm
227903 East County CC 1/6 Tu 7:00pm-8:00pm
Instructor: Lon Holland
227904 Wheaton CC 1/7 W 7:15pm-8:15pm

Tai Chi, Continuing

Ages 16&Up (13-15 if accompanied by a parent or guardian): Continuing Students Level II.

10 Sessions **\$90**
Instructor: Andy Shettino
227905 Bauer Drive CC 1/5 M 8:00pm-9:00pm
Instructor: Neil Levine
227906 Potomac CC 1/6 Tu 7:00pm-8:00pm
Instructor: Lon Holland
227907 Wheaton CC 1/7 W 8:15pm-9:15pm

Tai Chi Chuan I

Ages 18&Up: The 8 form simplified Yang Style Tai Chi is the most basic taijiquan routine approved by The International Wushu (Martial Art) Federation. It is designed as an entry level class for beginners to grasp the basic understanding of Tai Chi. The exercises can be learnt fairly quickly, practiced anywhere, and offer health benefits right away. Body Energy Exercises, Qigong Breathing Techniques and the development of an understanding of the Tai Chi principles are fundamental to all Tai Chi practice and should be continually studied and improved by all students.

10 Sessions **\$90**
Instructor: Louise Liu
236219 Germantown CC 1/12 M 8:00am - 9:00am
236221 Kingsview MS 1/12 M 6:00pm - 7:00pm
236222 Bethesda-Chevy Chase HS 1/13 Tu 6:00pm - 7:00pm
236220 Germantown CC 1/15 Th 8:00am - 9:00am

Tai Chi Chuan II

Ages 18&Up: For beginning-intermediate. The 16 form simplified Yang style Tai Chi (taijiquan) is the slightly more advanced taijiquan routine approved by The International Wushu (Martial Arts) Federation. It is designed as a progression from the 8 form taijiquan. Beginners can further their understanding of the principles and characteristics of Tai Chi. Body Energy Exercises, Qigong Breathing Techniques and the development of an understanding of the Tai Chi principles are fundamental to all Tai Chi practice and should be continually studied and improved by all students. Wear comfortable, loose fitting clothing and flat sole shoes. To achieve best results, students are strongly encouraged to attend twice a week. Questions contact Louise at: 301-768-0059

10 Sessions **\$90**
Instructor: Louise Liu
236223 Germantown CC 1/12 M 9:00am - 10:00am
236226 Bethesda-Chevy Chase HS 1/13 Tu 7:00pm - 8:00pm
236224 Germantown CC 1/15 Th 9:00am - 10:00am



Wellness

NEW BodyWorks

Ages 16&Up: BodyWorks, a health education program designed by the U.S. Department of Health and Human Services is coming to Clara Barton Recreation Center! The program provides parents and caregivers of adolescents with tools to help improve family eating and activity habits. Parents will participate in ten, one hour sessions per week. Each participant will receive a video on healthy shopping, cooking strategies, a recipe book, food and fitness journals and a guide to make small, specific behavior changes to prevent obesity and encourage healthy habits in adolescents. For more information on the program, call Juliet Rodman RD, LD, CPT at 301-229-7555 or juliet@wellnesscorporatesolutions.com

10 Sessions

\$150

Instructor: Juliet Rodman

233345 Clara Barton CC 1/7 W 6:30pm-7:30pm

NEW EFT for Pain and Stress Relief

Ages 18&Up: Emotional Freedom Technique (EFT) is an acupuncture tapping practice that has a high rate of success in reducing or alleviating many distressful conditions. It has helped with fears, phobias, anxieties, anger, food cravings, addictions, focus problems, many types of pains and endless other conditions. It often improves work, school, arts and sport performance. It can be easily learned, and can be practiced almost anywhere. It usually has long-lasting effects, and benefits most people. In this class you will learn about: how EFT originated, the science behind it, how it works, the tapping sequence, tips on how to apply EFT and more. Instructor has a Bachelor in Natural Health Studies. For more information contact Hilde at 301-340-6621 or email hildegardgroves@aol.com.

1 Session

\$50

Instructor: Hilde Groves

233184 Germantown CC 1/31 Sa 10:00am-12:00pm

233185 Stonemill ES 2/21 Sa 10:00am-12:00pm

233186 Potomac CC 3/7 Sa 10:00am-12:00pm

233187 DuFief ES 3/16 M 7:00pm-9:00pm

NEW Gentle Methods of

Detoxification to Fit Your Lifestyle

Ages 18&Up: Toxins can collect in your body from many sources. Poisons that build up in any part of your body may weaken your immune system, and ultimately compromise your health and promote illness. Everyone benefits from detoxification, but individuals with autoimmune and chronic disease especially need to learn simple cleansing methods to incorporate into their lifestyles. Instructor has a Bachelor in Natural Health Studies. For more information contact Hilde at 301-340-6621 or email hildegardgroves@aol.com.

1 Session

\$35

Instructor: Hilde Groves

233174 Germantown CC 2/5 Th 7:00pm-9:00pm

233175 Potomac CC 2/9 M 7:00pm-9:00pm

233176 DuFief ES 2/23 M 7:00pm-9:00pm

NEW The Healing Qualities of Water

Ages 18&Up: Chronic dehydration is a contemporary problem that is more prevalent than most of us realize. In this valuable workshop, you will find out how dehydration can be one of the root causes of asthma, allergies, hypertension, digestive problems, excess weight, diabetes, headaches, premature aging, many degenerative conditions, and much more. Learn about how your body naturally tries to regulate salt and water balance, ways to safely re-hydrate yourself to gain better health, the enormous healing qualities of cell salts, and more. Instructor has a Bachelor in Natural Health Studies. For more information contact Hilde at 301-340-6621 or email hildegardgroves@aol.com.

1 Session

\$35

Instructor: Hilde Groves

233172 DuFief ES 3/5 Th 7:00pm-9:00pm

233173 Potomac CC 3/23 M 7:00pm-9:00pm

Nutrition-Drop Your Diet

Ages 16&Up: Drop Your Diet; 8 lifestyle strategies for healthy weight loss. Diets don't work, but lifestyle changes do! With an ounce of knowledge and a pinch of awareness there is a lot you can do around simple lifestyle changes that will help you lose weight and keep it off. Discover 'Why French Women Don't get Fat' and how you can incorporate easy weight loss habits into your daily life. Leave this class more informed than ever before about what it means to make healthy lifestyle choices vs. quick and fad diet ideas. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5 material fee due to instructor.

1 Session

\$42

Instructor: Linda Petursdottir

234672 Potomac CC 1/14 W 6:30pm-9:00pm

Nutrition-How to Kick the Sugar Cravings

Ages 16&Up: Do you find yourself in a constant struggle to conquer your cravings for sweets and other carbohydrates? Come to this interesting and informative seminar so that you can get the necessary tools to combat the Sugar Blues. The Sugar Blues have gotten a hold of you if you are prone to mood swings, have cravings for sweets and can't get a handle on your weight. Do you know that eating too much sugar will shorten your life? By the end of this seminar, you will learn why (and most importantly how) you need to reduce your dependence on sugar. You will leave with delicious snack ideas, a few tasty treats and recipes that will make you forget about wanting high sugar content foods. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5.00 material fee due to instructor.

1 Session

\$42

Instructor: Linda Petursdottir

234270 Leland CC 1/13 Tu 6:30pm-9:00pm



Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to:

County Executive Isiah Leggett, Executive Office Building,
101 Monroe Street, Rockville, Maryland 20850.

Gentle Yoga

Ages 16&Up: Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Gentle Yoga allows the student to take a slower approach to beginning yoga. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com or (Sherry Weber) massageworks3@verizon.net or (Robin Richmond) at 301-608-0771

8 Sessions **\$90**

Instructor: Robin Richmond

227913	Gwendolyn Coffield CC	1/5	M	10:00am-11:15am
233326	Leland CC	1/8	Th	9:30am-10:45am

10 Sessions **\$90**

Instructor: Irene Bopp

227911	Bauer Drive CC	1/6	Tu	6:15pm-7:15pm
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Instructor: Sherry Weber

227912	Longwood CC	1/5	M	5:00pm-6:00pm
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Hatha Yoga with Rudra

Ages 16&Up: Basic beginner's level class, continuing students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

10 Sessions **\$139**

Instructor: Richard Tyson

233335	Norbeck-Mncstr Mill NP	1/5	M	7:00pm-8:30pm
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12 Sessions **\$167**

Instructor: Richard Tyson

233336	Bauer Drive CC	1/6	Tu	10:30am-12:00pm
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233337	Norbeck-Mncstr Mill NP	1/8	Th	7:00pm-8:30pm
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233338	Germantown CC	1/10	Sa	9:00am-10:30am
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12 Sessions **\$111**

Instructor: Richard Tyson

233339	Norbeck-Mncstr Mill NP	1/7	W	7:00pm-8:00pm
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233340	Norbeck-Mncstr Mill NP	1/9	F	6:30pm-7:30pm
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Hatha Yoga with Rudra, Continuing

Ages 16&Up: Continuing Students & Beginners welcome. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

12 Sessions **\$167**

Instructor: Richard Tyson

233341	Bauer Drive CC	1/10	Sa	12:30pm-2:00pm
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Hatha Yoga and Stress Management

Ages 18&Up: Beginner: Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

11 Sessions **\$102**

Instructor: Suzana Cooper

233325	Leland CC	1/16	F	10:30am-11:30am
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Hatha Yoga and Stress Management 2

Ages 18&Up: Intermediate/Advanced: Prerequisite-beginner class with Cooper.

11 Sessions **\$127**

Instructor: Suzana Cooper

233327	Leland CC	1/16	F	9:15am-10:30am
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Hatha Yoga for Beginners

Ages 16&Up: Have you wanted to try yoga but don't know enough to 'drop-in' on classes? Can't touch your toes, or sit cross-legged? Have never wanted to wear spandex or tie yourself into a pretzel? This series provides personalized instruction in basic hatha yoga postures, breath and meditation techniques. These practices will help to build your strength, flexibility, and balance, as well as reduce stress. This class establishes a foundation that will enable you to participate in all-level yoga classes, or practice yoga in the privacy of your home. And, you won't have to wear spandex, stand on your head, or become a pretzel! Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at mercedita@verizon.net or 240-676-2914 for further information.

4 Sessions **\$45**

Instructor: Mercedes Santos

233329	Long Branch CC	1/13	Tu	6:30pm-7:45pm
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233330	Long Branch CC	2/10	Tu	6:30pm-7:45pm
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Hatha Yoga

Ages 16&Up: Beginning and continuing students are welcome. Yoga is an ancient and systematic approach to good health and well-being that helps to reduce stress, improve concentration and develop strength, flexibility and balance. This class will include instruction and practice of yoga postures, breath awareness for moving more deeply into postures, and techniques for calming and focusing that mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at mercedita@verizon.net or 240-676-2914 for further information.

10 Sessions **\$113**

Instructor: Mercedes Santos

233328	Long Branch CC	1/14	W	6:30pm-7:45pm
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Vini Yoga

Ages 14&Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions: contact Pat at 301-251-1058

10 Sessions **\$115**

Instructor: Patricia Miller

233524	Potomac CC	1/15	Th	9:15am-10:30am
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233525	Potomac CC	1/15	Th	6:30pm-7:45pm
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Vini Yoga Intermediate

Ages 14&Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing. Questions: contact Pat at 301-251-1058

9 Sessions **\$94**

Instructor: Patricia Miller

233523	Potomac CC	1/12	M	6:30pm-7:45pm
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Vini Easy Going Yoga

For Seniors and All Others 14&Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions: call Pat at 301-251-1058

10 Sessions **\$115**

Instructor: Patricia Miller

233526	Potomac CC	1/15	Th	10:45am-12:00pm
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Yoga Basics

Ages 16&Up: Introduces beginning and continuing students to yogic principles of body alignment and breath awareness. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com or (Sherry Weber) massageworks3@verizon.net.

10 Sessions **\$90**

Instructor: Sherry Weber

227926 Longwood CC 1/5 M 6:00pm-7:00pm

Instructor: Irene Bopp

227925 Bauer Drive CC 1/6 Tu 7:30pm-8:30pm

227927 Marilyn J. Praisner CC 1/8 Th 10:30am-11:30am

227928 Briggs Chaney MS 1/8 Th 6:30pm-7:30pm

Gentle Yoga with Carolyn

Ages 16&Up: A slower paced beginner's yoga class that uses props and other methods to modify basic poses to enhance each student's experience of increasing breath and body awareness. Students will be gently challenged to improve flexibility and increase strength while being encouraged to progress at their own pace. Suitable for students desiring a less vigorous class and for those with minor health challenges. Wear comfortable clothing such as t-shirts, shorts or leggings. Please bring a yoga sticky mat and be prepared to remove shoes and socks. Questions: contact Carolyn at smithcs711@verizon.net.

12 Sessions **\$135**

Instructor: Carolyn S. Smith

233323 Damascus CRC 1/6 Tu 5:30pm-6:45pm

Yoga I

Ages 16&Up (13-15 if accompanied by a parent/guardian): Designed for those who have never taken yoga before, those who desire basic yoga instruction and those returning to their practice after several years. Focusing on the fundamental principles of alignment and breath awareness, students will increase their flexibility and strength while learning basic yoga postures. Benefits of this practice include reduced stress, better breathing and circulation, and enhanced concentration and balance. Wear comfortable clothing such as t-shirts, shorts or leggings. Please bring a yoga sticky mat and be prepared to remove shoes and socks. Questions, please contact Carolyn at smithcs711@verizon.net.

10 Sessions **\$113**

Instructor: Carolyn S. Smith

233321 Germantown CC M 1/5 8:00pm - 9:15pm

12 Sessions **\$135**

Instructor: Carolyn S. Smith

233320 Damascus CC Tu 1/6 7:00pm - 8:15pm

Yoga 1/2

Ages 16&Up (13-15 if accompanied by a parent or guardian): For the experienced beginner (those who have had at least one or more sessions of yoga 1 or those who have had previous yoga experience). Emphasis will be on refining the basic yoga poses, building strength, flexibility, and endurance in preparation for more advanced Yoga 2 postures. Wear comfortable clothing such as t-shirts, shorts or leggings. Please bring a yoga sticky mat and be prepared to remove shoes and socks. Questions: contact Carolyn at smithcs711@verizon.net.

12 Sessions **\$135**

Instructor: Carolyn S. Smith

233322 Damascus CRC 1/8 Th 7:00pm-8:15pm

Qi Gong- Introduction

Ages 18&Up: Relax your body, calm your mind, and refresh your heart with a series of graceful movements that stimulate the flow of energy. Sometimes called Chinese Yoga, Qi Gong consists of easy-to-learn, graceful movements that are easy-to-do and suitable for all ages and abilities. Through regular practice of Qi Gong discover a way to relax and enhance your health, happiness and overall well-being. Classes are conducted in an informal, relaxed manner by a trained Qi Gong instructor. Wear nonrestrictive clothing. Questions: call Mike at 202-258-1008

10 Sessions **\$90**

Instructor: Michael Kornely

234172 Pinecrest LP 1/10 Sa 10:30am-11:45am

Qi Gong: A Different Exercise

Ages 16&Up: Beginners: Practiced for thousands of years in China for health and longevity, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor. Questions: call Bob at 240-223-7136

8 Sessions **\$89**

Instructor: Bob Kramer

227909 Germantown CC 1/6 Tu 7:00pm-8:30pm

Qi Gong-Continuing Students

Ages 16&Up: Practiced for thousands of years in China for health and longevity it is the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor. Questions: call Bob at 240-2237136

8 Sessions **\$62**

Instructor: Bob Kramer

227910 Germantown CC 1/6 Tu 7:00pm-8:30pm





Martial Arts for Youth & Adults

Aikido Beginning/Intermediate

Ages 12&Up: Beginner/Intermediate: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

8 Sessions **\$57**
 Instructor: William Fairweather
 233698 Ross Boddy CC 1/12 M 7:00pm-8:30pm

Aikido Continuing

Ages 12&Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

10 Sessions **\$97**
 Instructor: William Fairweather
 233699 Ross Boddy CC 1/14 W 7:00pm-9:00pm

Kendo - Beginner

Ages 12&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. Questions: email tsir.office@verizon.net

9 Sessions **\$65**
 Instructor: Shiro Shintaku
 233696 Tilden MS 1/15 Th 6:30pm-7:30pm

Kendo - Intermediate

Ages 14&Up: Pre-requisite, beginners class with Shiro Shintaku. Questions: email tsir.office@verizon.net

9 Sessions **\$65**
 Instructor: Shiro Shintaku
 233697 Tilden MS 1/15 Th 7:40pm-8:40pm

Make your...Healthy Choices

Classes focus on family health, nutrition and active lifestyles.

Mommie and Me Snack Attack

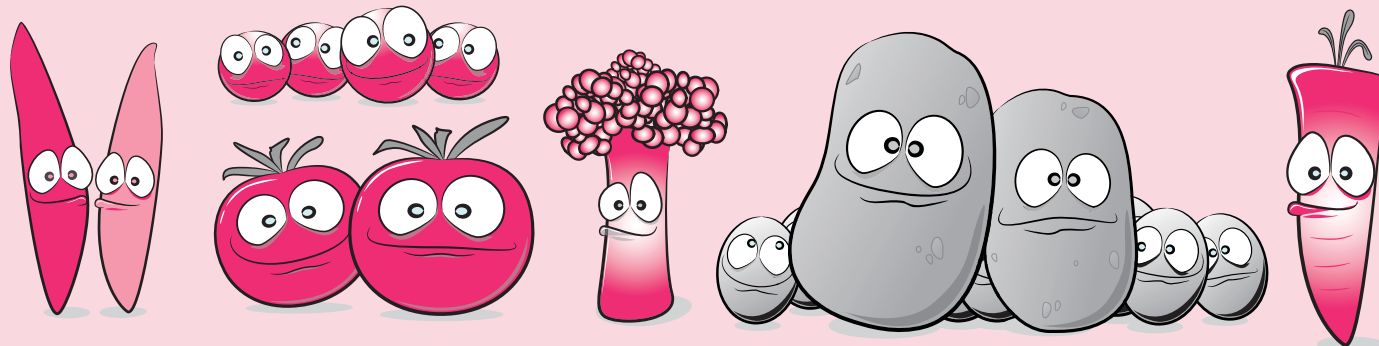
Looking for a fun cooking class for you and your toddler? Come join a registered dietician for this workshop that focuses on healthy snacks that you and your little one can make together.

1 Session **\$5**
 Instructor: TBA
 234690 Upper County CC 1/29 Th 6:30pm-7:30pm
 234691 Longwood CC 1/13 Tu 6:30pm-7:30pm
 234698 Leland CC 2/26 Th 6:30pm-7:30pm
 234697 Marilyn J. Praisner CC 2/12 Th 6:30pm-7:30pm

We Can! Family Nutrition Lunch n Learn

Having trouble staying on track with your families' health habits? Start the New Year off right by learning new and reinforcing old healthy nutrition and physical activity behaviors. This is a 30 minute class, twice a week, for four weeks. Bring your lunch, and a yummy, healthy desert will be provided. For Montgomery County Employees

8 Sessions **FREE**
 Instructor: Autumn Saxton-Ross
 236227 COB Cafeteria Conference Room 1/20 Tu,W 12:15pm-12:45pm





Karate/Jujitsu

Ages 6-12: (Students must be 6 at the start of class) Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners must attend 6pm at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES, Germantown CC, Damascus CC & Dufief ES. Beginners may attend the later time at all other sites.

10 Sessions \$53

Instructor: Company Staff: TKA, Inc.

233700	Longwood CC	1/5	M	7:00pm-8:00pm
233701	Upper County CC	1/5	M	6:00pm-7:00pm
233702	Upper County CC	1/5	M	7:00pm-8:00pm
233703	Wheaton CC	1/5	M	7:00pm-8:00pm

12 Sessions \$63

Instructor: Company Staff: TKA, Inc.

233704	Germantown CC	1/6	Tu	6:00pm-7:00pm
233705	Germantown CC	1/6	Tu	7:00pm-8:00pm
233706	Damascus CRC	1/7	W	6:00pm-7:00pm
233707	Damascus CRC	1/7	W	7:00pm-8:00pm
233708	Bauer Drive CC	1/7	W	6:00pm-7:00pm
233709	Bauer Drive CC	1/7	W	7:00pm-8:00pm
233710	Potomac CC	1/7	W	7:00pm-8:00pm
233711	Resnik, Judith A. ES	1/7	W	6:00pm-7:00pm
233712	Resnik, Judith A. ES	1/7	W	7:00pm-8:00pm
233713	Clara Barton CC	1/7	W	7:00pm-8:00pm
233714	Montgomery Village MS	1/7	W	7:00pm-8:00pm
233715	Marilyn J. Praisner CC	1/8	Th	6:00pm-7:00pm
233716	Marilyn J. Praisner CC	1/8	Th	7:00pm-8:00pm
233717	Dufief ES	1/8	Th	6:00pm-7:00pm
233718	Dufief ES	1/8	Th	7:00pm-8:00pm
233719	Poole, John MS	1/8	Th	7:00pm-8:00pm
233720	Rolling Terrace ES	1/8	Th	6:00pm-7:00pm
233721	Rolling Terrace ES	1/8	Th	7:00pm-8:00pm
233722	Bethesda ES	1/8	Th	7:00pm-8:00pm

Karate/Jujitsu Adults

Ages 13-Adult: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the third class of each session.

10 Sessions \$66

Instructor: Company Staff: TKA, Inc.

233728	Upper County CC	1/5	M	8:00pm-9:30pm
233729	Wheaton CC	1/5	M	8:00pm-9:30pm

12 Sessions \$79

Instructor: Company Staff: TKA, Inc.

233730	Germantown CC	1/6	Tu	8:00pm-9:30pm
233731	Damascus CRC	1/7	W	8:00pm-9:30pm
233732	Bauer Drive CC	1/7	W	8:00pm-9:30pm
233733	Clara Barton CC	1/7	W	8:00pm-9:30pm
233734	Potomac CC	1/7	W	8:00pm-9:30pm
233735	Montgomery Village MS	1/7	W	8:00pm-9:30pm
233736	Bethesda ES	1/8	Th	8:00pm-9:30pm
233737	Marilyn J. Praisner CC	1/8	Th	8:00pm-9:30pm
233738	Dufief ES	1/8	Th	8:00pm-9:30pm
233739	Rolling Terrace ES	1/8	Th	8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

12 Sessions \$30

Instructor: Company Staff: TKA, Inc.

233740	Holiday Park SrC	1/9	F	7:00am-8:00pm
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Karate/Jujitsu Club 2

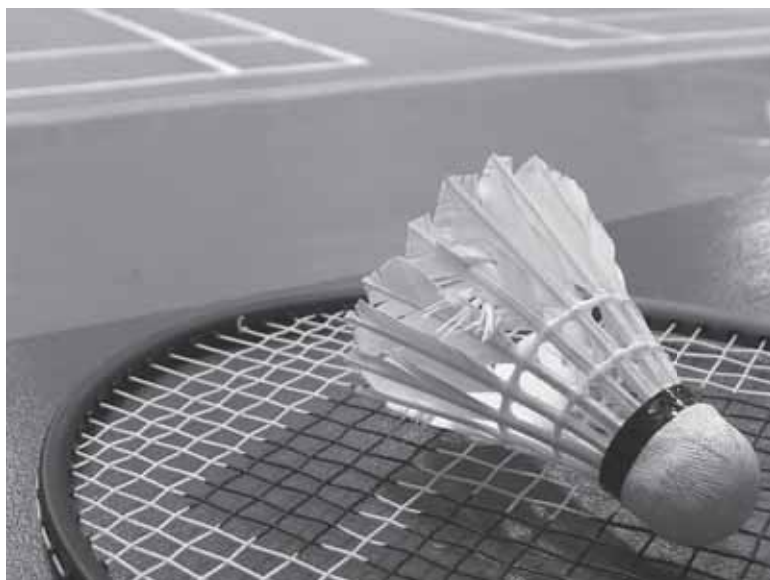
Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

12 Sessions \$48

Instructor: Company Staff: TKA, Inc.

233741	Holiday Park SrC	1/9	F	8:00pm-9:00pm
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Instructional Sports for Youth & Adults

For more Youth Programs, see *Exercise and Fitness for Youth*.

Philbin's Youth Fitness & Conditioning

Ages 7-11: Work with the pros at Philbin's and focus on all aspects of conditioning in a class designed specifically for this age group. Train on their indoor turf field and Olympic sprint track using proven youth fitness techniques. Students will be taught flexibility, balance, coordination, agility, running techniques, and movement skills. Proper nutrition, safety, establishing good habits and a positive attitude is addressed. All that and more in a fun environment. Questions: call 301-527-0500 or email bhphilbinsatc@verizon.net

6 Sessions **\$120**

Instructor: Philbin's Family Fitness Cntr.

234629 Philbin's Athletic TrC 1/21 W 6:00pm-7:00pm

Philbin's Athletic Training Speed & Agility

Ages 12-18: Focus on increasing sprint speed, athletic agility and power development. Emphasis will be placed on the start, acceleration/deceleration, change in direction, transition, maximum speed and velocity and building sports specific strength endurance. Proper bio-mechanics in sprinting taught. Questions: call 301-527-0500 or email bhphilbinsatc@verizon.net

6 Sessions **\$120**

Instructor: Philbin's Family Fitness Cntr.

234628 Philbin's Athletic TrC 1/21 W 7:00pm-8:00pm

Badminton Beginner/Advanced Beginner

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$10 material fee due to instructor.

10 Sessions **\$78**

Instructor: Gary Chao

234174 Bauer Drive CC 1/4 Su 1:15pm-2:15pm

Badminton Intermediate

Ages 9&Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. \$20 material fee due to instructor.

10 Sessions **\$130**

Instructor: Gary Chao

234175 Bauer Drive CC 1/4 Su 2:15pm-4:30pm

Badminton Advanced

Ages 12&Up: Prerequisite Intermediate/Advanced Level. Small class instruction. Continued emphasis on learning Advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. Instructor reserves the right to reassign students to another level. \$20 material fee due to instructor.

10 Sessions **\$146**

Instructor: Gary Chao

234189 Bauer Drive CC 1/4 Su 4:30pm-5:45pm

Fencing with Mohebban Beginner I

Ages 9&Up: Beginner: Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$15 material fee due to instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

232518 Frost, Robert MS 1/12 M 5:30pm-6:30pm

232519 Clemente, Roberto MS 1/14 W 5:30pm-6:30pm

232520 Wood MS 1/16 F 5:30pm-6:30pm

Fencing with Mohebban Beginner II

Ages 9&Up: Advanced Beginner: Curriculum will be student skill dependent. \$15 material fee due to instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

232521 Frost, Robert MS 1/12 M 6:30pm-7:30pm

232522 Clemente, Roberto MS 1/14 W 6:30pm-7:30pm

232523 Wood MS 1/16 F 6:30pm-7:30pm





Fencing with Mohebban Intermediate

Ages 9&Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. \$15 material fee due to the instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

232524 Frost, Robert MS 1/12 M 7:30pm-8:30pm

232525 Clemente, Roberto MS 1/14 W 7:30pm-8:30pm

232526 Wood MS 1/16 F 7:30pm-8:30pm

Fencing with Mohebban Practices & Club

Ages 13&Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$15 material fee due to instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

232527 Bauer Drive CC 1/17 Sa 1:45pm-3:15pm

Recreational Basketball

Ages 18&Up: Supervised free play in basketball, continues throughout the school year.

19 Sessions **\$71**

Instructor: Stanley E. Kensy

232517 White Oak MS 1/5 M 6:00pm-8:00pm

Volleyball Clinics CoRec Teen

Ages 13-16: All levels. Whether you are involved in competitive play or just enjoy the sport, all players can benefit from this complete skills clinic. Serving, passing, setting, offense, defense and other individual and team strategies are included in this fun and competitive program. Want to define your passing, hitting or setting? Check out our Specialty Clinics.

7 Sessions **\$100**

Instructor: Volleyball Mid Atlantic

234577 Churchill, Winston HS 1/11 Su 6:15pm-9:15pm

Volleyball Clinics Beginner

Ages 16&Up: Beginner. Fun and challenging corec clinics designed to keep you in shape and develop as well as enhance skills. Covers passing, setting, serving offence, defense and game play and strategies. Instructor reserves the right to reassign participants or combine programs based on skill level.

7 Sessions **\$100**

Instructor: Volleyball Mid Atlantic

234578 Upper County CC 1/11 Su 7:00pm-10:00pm

Volleyball Clinics Intermediate

Ages 16&Up: Intermediate

7 Sessions **\$90**

Instructor: Volleyball Mid Atlantic

234582 Stone Mill ES 1/13 Tu 8:15pm-10:15pm

234581 Viers Mill ES 1/15 Th 6:30pm-9:30pm

Volleyball Clinics Advanced

Ages 16&Up: Advanced

7 Sessions **\$100**

Instructor: Volleyball Mid Atlantic

234579 Marilyn J. Praisner CC 1/11 Su 6:30pm-9:30pm

Volleyball Specialty Discount

Ages 13&Up: Register for all three Specialty Clinics and save \$15! You're set! Use this barcode when you register and you'll hit the jackpot! Don't pass on this special offer, which will net you savings and greatly enhance your game!

3 Sessions **\$60**

Instructor: Volleyball Mid Atlantic

234594 Stone Mill ES 1/12 M 7:45pm-9:45pm

Volleyball Specialty Clinics HIT

Ages 13&Up: Prepare your shoulder for an evening of work on the skill of hitting. Covers drills and demos on the different types of swing motion. Time will be spent on the serve as well as the hit.

1 Session **\$25**

Instructor: Volleyball Mid Atlantic

234583 Stone Mill ES 1/12 M 7:45pm-9:45pm

Volleyball Specialty Clinics PASS

Ages 13&Up: The pass is the most important skill in the sport of volleyball and the skill you use most often. Perfect your pass, practice your serve and add another dimension to your attack of placing the ball where it gives your team the best advantage. On defense, discover new receiving and counter attack strategies. This is your opportunity to improve in three important areas of your game.

1 Session **\$25**

Instructor: Volleyball Mid Atlantic

234587 Stone Mill ES 1/26 M 7:45pm-9:45pm

Volleyball Specialty Clinics SET

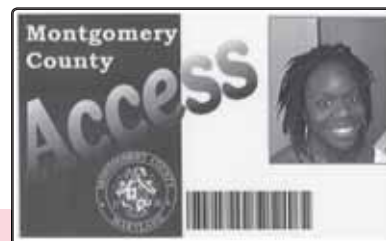
Ages 13&Up: There is still a 'touch' to skill of setting the ball. Work will be done on hand and body positioning. Time will also be spent on multiple paced sets used in advanced offensive situations. While you are perfecting your sets, you'll also be working on other important skills.

1 Session **\$25**

Instructor: Volleyball Mid Atlantic

234593 Stone Mill ES 2/2 M

7:45pm-9:45pm



I've got mine

Do you have your ACCESS Card, yet?

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes -- go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

For more information call 240-777-6820
or go to montgomerycountymd.gov/rec

Tiny Tots

Arts & Crafts

Art Adventures

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! Price includes all materials! Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the *Me Too* class!

6 Sessions **\$59**

Instructor: Sharon Lande

233687	Leland CC	1/20	Tu	9:30am-10:15am
233688	Leland CC	1/20	Tu	11:00am-11:45am
233689	Leland CC	1/21	W	10:00am-10:45am
233690	Leland CC	1/21	W	11:30am-12:15pm
233691	Leland CC	1/21	W	1:00pm-1:45pm
233692	Potomac CC	1/22	Th	9:30am-10:15am
233693	Potomac CC	1/22	Th	10:15am-11:00am

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$28 material fee due to instructor. Adult participation required.

7 Sessions **\$55**

Instructor: Tiny Hands

234365	Potomac CC	1/26	M	10:00am-10:45am
234366	Damascus CRC	1/26	M	10:00am-10:45am
234378	Potomac CC	1/26	M	11:00am-11:45am
234367	Marilyn J. Praisner CC	1/27	Tu	10:00am-10:45am
234368	Germantown CC	1/27	Tu	10:00am-10:45am
234369	Germantown CC	1/27	Tu	11:00am-11:45am
234379	Marilyn J. Praisner CC	1/27	Tu	11:00am-11:45am
234370	Germantown CC	1/28	W	10:00am-10:45am
234371	Germantown CC	1/28	W	11:00am-11:45am
234372	Bauer Drive CC	1/28	W	10:15am-11:00am
234373	Longwood CC	1/29	Th	10:15am-11:00am
234374	Germantown CC	1/29	Th	11:00am-11:45am
234375	Leland CC	1/29	Th	11:15am-12:00pm
234376	Potomac CC	1/30	F	10:00am-10:45am
234377	Potomac CC	1/30	F	11:00am-11:45am



Tiny Hands Family Crafts

Ages 2-7: a Tiny Hands class the whole family can enjoy! \$28 material fee due to instructor. Parent participation required.

7 Sessions **\$55**

Instructor: Tiny Hands

234380	Longwood CC	1/28	W	4:00pm-4:45pm
234381	Germantown CC	1/29	Th	4:00pm-4:45pm
234382	Germantown CC	1/31	Sa	10:00am-10:45am
234383	Germantown CC	1/31	Sa	11:00am-11:45am
234384	Marilyn J. Praisner CC	1/31	Sa	10:00am-10:45am
234385	Marilyn J. Praisner CC	1/31	Sa	11:00am-11:45am
234386	Damascus CRC	1/31	Sa	10:00am-10:45am

Abrakadoodle® Twoosy Doodlers

Ages 20-36 months: A special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an 'I can do it!' class that is fun and creative. Each session has new activities and moms and helpers get to play too. \$30 material fee due to instructor.

4 Sessions **\$35**

Instructor: Abrakadoodle®

234391	Leland CC	1/26	M	3:20pm-4:00pm
234392	Wheaton-Claridge LP	1/29	Th	10:00am-10:40am
234393	Potomac CC	1/29	Th	4:00pm-4:40pm
234394	Leland CC	1/31	Sa	10:00am-10:40am

Abrakadoodle® Mini Doodlers

Ages 3-6: Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. \$30 material fee due to instructor.

4 Sessions **\$35**

Instructor: Abrakadoodle®

234387	Leland CC	1/26	M	4:30pm-5:15pm
234388	Wheaton-Claridge LP	1/29	Th	11:00am-11:40am
234389	Potomac CC	1/29	Th	5:00pm-5:40pm
234390	Leland CC	1/31	Sa	11:00am-11:40am



Abakadoodle® En Español

A fun new twist on these popular classes! Children have double the fun as they learn about sticking, squishing, gluing and painting in English and in Spanish with our bilingual art teacher. The same quality that you know and love with Latin background music and new Latin flair.

Twoosy Doodlers

Ages 20-36 months: \$30 material fee due to instructor.

4 Sessions **\$35**

Instructor: Abakadoodle®

234396 Gwendolyn Coffield CC 1/27 Tu 10:00am-10:40am

Mini Doodlers

Ages 3-6: \$30 material fee due to instructor.

4 Sessions **\$35**

Instructor: Abakadoodle®

234395 Gwendolyn Coffield CC 1/27 Tu 11:00am-11:40am

Messes & Masterpieces

Ages 2-5: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme-based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

8 Sessions **\$61**

Instructor: Joan E. Clowes

234067 Longwood CC 1/12 M 10:00am-10:45am

234068 Longwood CC 1/12 M 11:00am-11:45am

234069 Potomac CC 1/13 Tu 10:00am-10:45am

234070 Potomac CC 1/13 Tu 11:00am-11:45am

234071 Potomac CC 1/14 W 10:00am-10:45am

234072 Potomac CC 1/14 W 11:00am-11:45am

ABC Hand & Finger Prints

Ages 2-5: All fingers are pointed at this handy, fun new way to explore the alphabet. The ABC's come alive through stories, songs, finger plays and hand/fingerprint crafts. Based on the letter of the week, you and your little one will create an art project with hand and figure prints that you will treasure forever! Adult participation required. Price includes all materials.

8 Sessions **\$98**

Instructor: Rochelle Fernandez

234426 Cap View-Homewd LP 1/14 W 10:00am-10:45am

Young Rembrandts® for Tiny Tots

Ages 3 ½-5: Young students are so eager to learn and are a joy to teach! Young Rembrandts® instructors provide a nurturing and strong learning environment that expands pre-schoolers imagination and vocabulary as they draw familiar images. We will concentrate on skills of drawing and coloring while developing fine motor skills, focusing, listening, and spatial development. Adult Participation not required.

6 Sessions **\$68**

Instructor: Young Rembrandts®

233677 Germantown CC 2/2 M 10:15am-11:00am

233678 Longwood CC 2/4 W 10:15am-11:00am

Alphabet Fun

Ages 3-5: What a fun way to learn how to write your ABC's. These motivating activities created with crayons and paper will encourage children to learn letters and sound recognition. Booklets to take home and practice! \$5 material fee due to instructor.

8 Sessions **\$72**

Instructor: Pyper H. Dixon

233675 East County CC 1/13 Tu 6:00pm-7:00pm

Let's Paint! with Tiny Tots

Ages 3-5: This class will introduce children to tempura paints while exploring the different techniques and skills of painting. Come find the artist in your little one! Great fun for families. \$5 materials fee due to instructor.

8 Sessions **\$72**

Instructor: Pyper H. Dixon

233676 East County CC 1/16 F 6:00pm-7:00pm

Language & Play**Baby Signs with Andrea**

Ages 6-22 months: Wouldn't it be neat if you knew what your baby was saying before he/she could talk! That's only one of the aspirations of this fun filled class. Lots of signing, singing and dancing activities provide important skill and sensory motor development. As children play, they integrate simple signs with their daily activity schedules. All action is teacher and bear, Beebo the Baby Signs Bear, directed for fabulous enjoyment for all! All participants are required to purchase a Sign, Say & Play Kit, \$70, loaded with fascinating resources that enable continued learning and fun at home. Adult participation required. Call 301-642-9300 for more information.

6 Sessions **\$95**

Instructor: Andrea Benedick

234696 Upper County CC 1/14 W 11:00am-11:45am

Little Linguists

Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills.

Little Linguists I- Spanish

Ages 1½-2: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

9 Sessions **\$72**

Instructor: Sandra Aresta

233724 Wheaton CC 1/22 Th 10:15am-11:00am

233725 Germantown CC 1/23 F 9:45am-10:30am

233726 Leland CC 1/23 F 9:45am-10:30am

233723 Potomac CC 1/20 Tu 10:00am-10:45am

233727 Leland CC 1/17 Sa 9:45am-10:30am



**Little Linguists II- Spanish**

Ages 3-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

9 Sessions**\$72**

Instructor: Sandra Aresta

233749	Leland CC	1/17	Sa	10:45am-11:30am
233745	Potomac CC	1/20	Tu	10:45am-11:30am
233746	Wheaton CC	1/22	Th	11:00am-11:45am
233747	Germantown CC	1/23	F	10:45am-11:30am
233748	Leland CC	1/23	F	10:45am-11:30am

Little Linguists III- Spanish

Ages 2-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

9 Sessions**\$72**

Instructor: Sandra Aresta

233742	Potomac CC	1/21	W	3:30pm-4:15pm
233743	Germantown CC	1/23	F	3:30pm-4:15pm
233744	Leland CC	1/23	F	11:30am-12:15pm

Little Linguists I, II, III - Portuguese

Ages 1½-2: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net. 233753 for ages 1½-2 yrs, 233754 for ages 3-6 yrs, 233755 for ages 2-6 yrs.

9 Sessions**\$72**

Instructor: Sandra Aresta

233755	Norwood LP (BCC)	1/20	Tu	3:30pm-4:15pm
233753	North Chevy Chase LP	1/21	W	9:45am-10:30am
233754	North Chevy Chase LP	1/21	W	10:30am-11:15am

Little Linguists I, II, III - French

\$10 material fee. Adult participation required. For more info, please email sandra.aresta@verizon.net. 233750 for ages 1½-2 yrs, 233751 for ages 3-6 yrs, 233752 for ages 2-6 yrs.

9 Sessions**\$72**

Instructor: Sandra Aresta

233750	Gwendolyn Coffield CC	1/22	Th	9:45am-10:30am
233751	Gwendolyn Coffield CC	1/22	Th	10:45am-11:30am
233752	Leland CC	1/22	Th	3:30pm-4:15pm

Little Linguists I, II, III - Mandarin

\$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net. 233758 for ages 1½-2 yrs, 233756 for ages 3-6 yrs, 233757 for ages 2-6 yrs.

9 Sessions**\$72**

Instructor: Sandra Aresta

233756	Bauer Drive CC	1/26	M	9:45am-10:30am
233757	Bauer Drive CC	1/26	M	10:45am-11:30am
233758	Bauer Drive CC	1/21	W	3:15pm-4:00pm

Music

Music Together will not be offered in the Winter, but plans to return in the Spring.

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

9 Sessions**\$110**

Instructor: Music For Life

234096	Upper County CC	1/15	Th	9:15am-10:00am
234097	North Chevy Chase LP	1/16	F	9:00am-9:45am

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 8-12 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

9 Sessions**\$110**

Instructor: Music For Life

234075	Bethesda Regional Lib	1/12	M	10:15am-11:00am
234076	Bethesda Regional Lib	1/12	M	11:15am-12:00pm
234073	Camp Seneca LP	1/12	M	10:15am-11:00am
234074	Camp Seneca LP	1/12	M	11:15am-12:00pm
234077	Wheaton Regional Lib	1/12	M	10:15am-11:00am
234078	Wheaton Regional Lib	1/12	M	11:15am-12:00pm
234079	Clara Barton CC	1/13	Tu	10:15am-11:00am
234080	Quince Orchard Vly NP	1/13	Tu	10:15am-11:00am
234081	Quince Orchard Vly NP	1/13	Tu	11:15am-12:00pm
234082	Leland CC	1/13	Tu	11:15am-12:00pm
234083	Leland CC	1/13	Tu	10:15am-11:00am
234084	Potomac CC	1/13	Tu	5:30pm-6:15pm
234086	Marilyn J. Praisner CC	1/14	W	10:15am-11:00am
234087	Tilden Woods LP	1/14	W	10:15am-11:00am
234085	Golden School of Music	1/14	W	10:15am-11:00am
234088	Norbeck-Mncstr Mill NP	1/15	Th	10:00am-10:45am
234089	Upper County CC	1/15	Th	10:15am-11:00am
234090	Upper County CC	1/15	Th	11:15am-12:00pm
234091	Norwood LP (BCC)	1/15	Th	10:15am-11:00am
234092	North Chevy Chase LP	1/16	F	10:00am-10:45am
234093	North Chevy Chase LP	1/16	F	11:00am-11:45am
234094	Potomac CC	1/16	F	10:15am-11:00am
234095	Golden School of Music	1/17	Sa	10:00am-10:45am





Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$10 material fee due to instructor.

9 Sessions					\$152
Instructor: Music For Life					
234111	Golden School of Music	1/12	M	12:45pm-1:45pm	
234112	Golden School of Music	1/12	M	4:00pm-5:00pm	
234113	Potomac CC	1/13	Tu	4:15pm-5:15pm	
234115	Golden School of Music	1/15	Th	4:00pm-5:00pm	
234114	Golden School of Music	1/17	Sa	11:00am-12:00pm	

Music in Motion

Ages 2-5: A music class where everyone will have fun discovering different ways to express yourself through music and movement. Learn basic rhythms while singing, dancing, playing instruments and moving to a variety of music. So join us for a fun way to experience the joy and benefits of music! Adult participation required. All materials included.

8 Sessions					\$98
Instructor: Rochelle Fernandez					
234397	Longwood CC	1/13	Tu	11:00am-11:45am	
234398	Cap View-Homewd LP	1/14	W	11:00am-11:45am	

Playtime & Movement

Mama Goose on the Loose

Ages 6-17 months-3 years: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required.

8 Sessions					\$74
Instructor: Laura Lunking					
Ages 18 months-3 years:					
235021	Norbeck-Mncstr Mill NP	1/14	W	9:45am-10:30am	
235022	Norbeck-Mncstr Mill NP	1/153	Tu	9:45am-10:30am	
Ages 6-17 months:					
235023	Norbeck-Mncstr Mill NP	1/14	W	10:45am-11:30am	

Itsy Bitsy Yoga®

Ages 3-12 months: Meet new friends and bond with your baby in a nurturing class designed to support your baby's development. Discover new ways to improve baby's sleep, digestion, and more. No yoga experience required. Wear comfortable clothes and bring a blanket or mat. Adult participation required. Babies should be pre-walkers. For more information about Helen Garabedian's Itsy Bitsy Yoga program, visit www.itsybitsyyoga.com.

6 Sessions					\$57
Instructor: Laura Lunking					
235020	Norbeck-Mncstr Mill NP	1/13	Tu	10:45am-11:30am	

Tiny Hands Chefs

Ages 3½-6: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$35 material fee due to instructor. Adult participation required.

6 Sessions					\$59
Instructor: Tiny Hands					
234598	Potomac CC	2/2	M	1:00pm-2:00pm	
234599	Damascus CRC	2/3	Tu	1:15pm-2:15pm	

Me Too

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. Price includes all materials! Is your child ready for more than forty-five minutes of fun? Check out the *Art Adventures* class!

6 Sessions					\$59
Instructor: Sharon Lande					
233694	Leland CC	1/20	Tu	10:45am-11:30am	
233695	Leland CC	1/21	W	10:45am-11:30am	



Kids Love T-Recs!

You've seen T-Recs at the County Fair and other events. Now, T-Recs, the lovable Recreation mascot, can make an appearance at your public-oriented event.

T-Recs loves appearing at public events, meeting children, and encouraging folks of all ages to get out and enjoy recreation. He will bring giveaways for the kids, and information about recreational opportunities throughout Montgomery County.

There is no charge for T-Recs to attend your next family-friendly public event. To find out more about how you can invite T-Recs to your event, call 240-777-6820.

Sports & Fitness

Wee Wanna Be

Ages 2-5: COACH DOUG ALL THE TIME IN EVERY CLASS!! Which sports players do your kids pretend to be? We have maintained our victorious formula of offering classes which builds self-esteem and confidence! Children receive instruction in sports and agility training through supervised, noncompetitive play sessions, enhancing fitness in a fun and friendly environment. Sports change each session and include: soccer, lacrosse, football and more! Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. Price includes all materials. Adult participation required. Price is per child. Call 301-983-2690 for more info.

8 Sessions

\$87

Instructor: CTI Kids-Coach Doug

233615	Leland CC	1/12	M	9:30am-10:15am
233616	Leland CC	1/12	M	10:15am-11:00am
233617	Leland CC	1/12	M	11:00am-11:45am
233618	Germantown CC	1/13	Tu	9:30am-10:15am
233619	Germantown CC	1/13	Tu	10:15am-11:00am
233620	Germantown CC	1/13	Tu	11:00am-11:45am
233621	Bauer Drive CC	1/14	W	9:30am-10:15am
233622	Gwendolyn Coffield CC	1/14	W	11:00am-11:45am
233623	Potomac CC	1/15	Th	9:30am-10:15am
233624	Potomac CC	1/15	Th	10:15am-11:00am
233625	Potomac CC	1/15	Th	11:00am-11:45am
233626	Potomac CC	1/15	Th	1:00pm-1:45pm
233627	Wheaton CC	1/16	F	9:30am-10:15am
233628	Wheaton CC	1/16	F	10:15am-11:00am
233629	Wheaton CC	1/16	F	11:00am-11:45am
233630	Oakland Terrace ES	1/17	Sa	9:30am-10:15am
233631	Oakland Terrace ES	1/17	Sa	10:15am-11:00am
233632	Burning Tree ES	1/17	Sa	12:00pm-12:45pm
233633	Burning Tree ES	1/17	Sa	12:45pm-1:30pm
233634	Beverly Farms ES	1/17	Sa	2:15pm-3:00pm
236420	Beverly Farms ES	1/17	Sa	3:00pm-3:45pm

Coach Doug's Sports School

Ages 4-7: COACH DOUG ALL THE TIME IN EVERY CLASS!! Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. With new equipment and a new low price, classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports change each session and include: soccer, football, lacrosse and more! Call 301-983-2690 for more info. Price includes all materials.

Same Location...New Name.

The Fairland Community Center has been officially renamed to **Marilyn J. Praisner Community Recreation Center.**



8 Sessions

\$87

Instructor: CTI Kids-Coach Doug

233663	Leland CC	1/12	M	1:30pm-2:15pm
233664	Leland CC	1/12	M	2:15pm-3:00pm
233665	Leland CC	1/12	M	3:30pm-4:15pm
233666	Germantown CC	1/13	Tu	3:30pm-4:15pm
233667	Germantown CC	1/13	Tu	4:15pm-5:00pm
233668	Potomac CC	1/15	Th	3:30pm-4:15pm
233669	Potomac CC	1/15	Th	4:15pm-5:00pm
233670	Wheaton CC	1/16	F	4:15pm-5:00pm

Coach Doug Sports Advanced

Ages 3-6: COACH DOUG ALL THE TIME IN EVERY CLASS!! Kick it off with soccer instruction the Coach Doug way; fundamental sport skills in a fun and friendly environment with emphasis on building self confidence and teamwork. We'll cover skill development, soccer rules and playing strategies. Price includes all materials. The last class is a Saturday Fun Match, location, TBA. Price is per child. Call 301-983-2690 for more info.

6 Sessions

\$77

Instructor: CTI Kids-Coach Doug

233673	Germantown CC	1/13	Tu	5:00pm-6:00pm
233674	Potomac CC	1/15	Th	5:00pm-6:00pm
235024	Wheaton CC	1/16	F	5:00pm-6:00pm

Gymnastics Tumbling Format

Ages 3-6: Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions

\$68

Instructor: Denise Schattenberg

233681	Upper County CC	1/12	M	1:45pm-2:30pm
233682	Quince Orchard Vly NP	1/15	Th	1:45pm-2:30pm

Funfit®

A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Price includes all materials. Adult participation required! Child must be walking.

Funfit® One**Ages 1-2:****8 Sessions****\$80**

Instructor: Funfit®

233973	Germantown CC	1/12	M	9:30am-10:15am
233975	Wheaton CC	1/12	M	10:15am-11:00am
233974	Wheaton CC	1/12	M	9:30am-10:15am
233976	Gwendolyn Coffield CC	1/13	Tu	9:30am-10:15am
233977	Bauer Drive CC	1/13	Tu	9:30am-10:15am
233978	Leland CC	1/14	W	9:30am-10:15am
233979	Potomac CC	1/14	W	9:30am-10:15am
233980	Potomac CC	1/14	W	10:15am-11:00am
233990	Damascus CRC	1/14	W	9:30am-10:15am
233983	Leland CC	1/16	F	9:30am-10:15am
233984	Potomac CC	1/16	F	9:30am-10:15am
233985	Potomac CC	1/16	F	10:15am-11:00am
233986	Germantown CC	1/16	F	9:30am-10:15am
233987	Leland CC	1/16	F	10:15am-11:00am
233988	Quince Orchard Vly NP	1/17	Sa	9:30am-10:15am
233989	Tilden MS	1/17	Sa	9:30am-10:15am

Funfit® Two**Ages 2-3:****8 Sessions****\$80**

Instructor: Funfit®

234015	Germantown CC	1/12	M	10:15am-11:00am
234016	Wheaton CC	1/12	M	11:00am-11:45am
234017	Gwendolyn Coffield CC	1/13	Tu	10:15am-11:00am
234018	Bauer Drive CC	1/13	Tu	10:15am-11:00am
234019	Potomac CC	1/14	W	11:00am-11:45am
234020	Damascus CRC	1/14	W	11:00am-11:45am
234021	Leland CC	1/14	W	11:00am-11:45am
234024	Leland CC	1/16	F	11:00am-11:45am
234025	Germantown CC	1/16	F	10:15am-11:00am
234026	Potomac CC	1/16	F	11:00am-11:45am
234027	Tilden MS	1/17	Sa	10:15am-11:00am
234028	Quince Orchard Vly NP	1/17	Sa	10:15am-11:00am

Family Funfit®

Ages 18 months-4 years: A fun filled, high-energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Price is per child and includes all materials.

8 Sessions**\$80**

Instructor: Funfit®

233965	Potomac CC	1/12	M	4:00pm-4:45pm
234110	Germantown CC	1/12	M	11:00am-11:15am
233966	Gwendolyn Coffield CC	1/13	Tu	11:00am-11:45am
233967	Bauer Drive CC	1/13	Tu	11:00am-11:45am
233968	Leland CC	1/14	W	10:15am-11:00am
233969	Damascus CRC	1/14	W	10:15am-11:00am
233970	Germantown CC	1/16	F	11:00am-11:45am
233971	Quince Orchard Vly NP	1/17	Sa	11:00am-11:45am

Pre-K Fit Kids!

Ages 2½-6: A fast-paced, age appropriate exercise class designed for your preschooler. Through creative movement, fun games and traditional exercises, your child will benefit from releasing their energy in a super fun way! The instructor has been leading groups and individuals through fitness for 20 years. Parents are invited to stay but it is not required. Contact the instructor at fitkidsclub@gottamove.us for more information.

9 Sessions**\$81**

Instructor: Bridgit Avon

233685	Damascus CRC	1/13	Tu	10:30am-11:15am
233686	Damascus CRC	1/15	Th	10:30am-11:15am

Little School Rock 'n Roll

Ages 3-6: Children have fun exercising while learning creative, popular, and free dances. Activities include leaps, jumps, and active movement to popular children's music. Children participate independently while parents wait outside the room.

6 Sessions**\$50**

Instructor: Denise Schattenberg

233683	Upper County CC	1/12	M	1:00pm-1:45pm
233684	Quince Orchard Vly NP	1/15	Th	1:00pm-1:45pm

NEW First Serve Tennis Academy-Pee Wee's

Ages 3-4: FSTA provides a top-level tennis instruction with special attention to motor skills and hand-eye coordination. Instructors implement age appropriate drills and games, focusing on technique, while keeping your little engaged. Pee Wee's instructors will teach the basics of tennis: racket, grips, forehand, volley, overhead, and footwork played to fun games. All equipment is age-appropriate.

6 Sessions**\$95**

Instructor: First Serve

234487	Longwood CC	1/28	W	12:00pm-1:00pm
236119	Longwood CC	1/28	W	1:00pm-2:00pm
234489	Damascus CRC	1/31	Sa	10:00am-11:00am
235678	Damascus CRC	1/31	Sa	11:00am-12:00pm





Xciting Xtras

See *Cooking* for Cake Decorating and Wine Making classes.

For *Xciting Xtras* specifically designed for ages 43-63 please see the new *Baby Boomer* section.

Horseback Riding

Horseback Riding: Young Riders

Ages 5-7: An introduction to horseback riding. Learn how to groom, saddle, stop, start, and steer at walk and trot with the safety of an adult leading the horse. Parent or adult must be prepared to walk beside the horse, and jogging is involved. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes for students or parents, and those without proper footwear and long pants will not be able to participate. Children may repeat class until they are familiar with horseback riding.

10 Sessions **\$350**
Instructor: Camp Olympia
233468 Camp Olympia 1/6 Tu 5:15pm-6:00pm

Horseback Riding: Children

Ages 8-12: Beginning horseback riding instruction includes grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes; students without proper footwear and long pants will not be able to participate. Children may repeat class until they are comfortable leading and trotting the horse. Weight limit 200 pounds.

10 Sessions **\$350**
Instructor: Camp Olympia
233469 Camp Olympia 1/6 Tu 6:00pm-7:00pm

Horseback Riding: Teens & Adults

Ages 13&Up: This introductory course is perfect for those who have never ridden, have limited experience, or have not ridden in many years. Course will include grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes, and students without proper footwear and long pants will not be able to participate. Students may repeat class until they are comfortable with leading and trotting the horse. Weight limit 200 pounds.

10 Sessions **\$350**
Instructor: Camp Olympia
233470 Camp Olympia 1/6 Tu 7:00pm-8:00pm



Personal Development

T'ween Modeling

Ages 9-12: A new course developed by award winning Katherine Mizell founder of 45 year old Modeling Moppetts and Stage II Teen Models. Young girls develop self-assurance and poise in this class especially designed for this sensitive age group. Emphasis is on modeling techniques, grooming, nails, hair and speech etiquette.

8 Sessions **\$50**
Instructor: Katie Mizell
234417 Beverly Farms ES 1/10 Sa 11:00am-12:00pm

Modeling for Girls

Ages 5-8: A new course developed by award winning Katherine Mizell founder of 45 year old Modeling Moppetts and Stage II Teen Models. Starting at a young age students find modeling techniques and personal grooming help to develop poise and self-assurance. The class also includes emphasis on speaking skills, etiquette, and hair and skin care.

8 Sessions **\$50**
Instructor: Katie Mizell
234416 Beverly Farms ES 1/10 Sa 10:00am-11:00am

Etiquette: Minding Your Manners

Ages 5-7: An activity-oriented approach to make sure your child has the skills to be a good play date. Fair play, social skills, and kindness are the emphasis of this class. Sportsmanship, using kind words, introductory communication skills and basic dining skills are covered through activities, games, role-playing and hands-on activities to remind and reinforce the use of basic manners. Children will receive a snack and drink to practice dining etiquette. \$10 material fee due to instructor at first class.

5 Sessions **\$68**
Instructor: Boyds Country Day School
234099 Potomac CC 2/3 Tu 4:30pm-5:30pm

Etiquette: Minding Your Manners II

Ages 7-10: Etiquette provides children with the opportunity to know what to do and when to do it. This class will give children the tools to begin to feel comfortable in all social situations. Being a good sport, giving and receiving compliments, social sensitivity, eye contact, telephone and dining etiquette, body language, listening skills, and more are covered in this fun class that includes hands on activities, role playing and games. Children will receive a snack and drink to practice dining etiquette. \$10 material fee due to instructor at first class.

5 Sessions **\$68**
Instructor: Boyds Country Day School
234100 Potomac CC 2/3 Tu 5:30pm-6:30pm

Etiquette: Class Act

Ages 11-16: This interactive etiquette workshop for middle and high school students provides skills for the teen to feel confident and self-assured in social settings by providing basic rules of etiquette and party planning. Session topics include respectful behaviors, telephone manners, dining etiquette, and party planning. Welcoming behaviors, image and clothing, appearance, computer manners, sending invitations, determining guest lists, RSVP, party themes and much more are covered in this class.

8 Sessions **\$108**
Instructor: Chrystal Taylor
234680 Marilyn J. Praisner CC 1/5 M 6:30pm-7:30pm
234679 Bauer Drive CC 1/10 Sa 10:00am-11:00am

Something a Little Different

Gemology

Adults: Study of Gemstones and their value based on their chemistry, desirability, durability, availability, and history; trace the development of identification and taxonomy and the changing concepts in the field. There will be related videos, expert guest speakers, and an occasional field trip. The hands-on course will be supplemented by the use of simple instruments and the examination of numerous specimens and books. There will be no class on 1/28, 2/4, or 2/11. The instructor is attending the Tucson Gem Show and will have wonderful gems to share with the class.

9 Sessions **\$88**

Instructor: Lisa Carp
233065 Potomac CC 1/7 W 10:00am-12:00pm

Juggling: You Can Juggle Too; You Can Juggle Three

Ages 13&Up: This hands-on class teaches the basics of juggling. Juggling is fun and a great way to exercise. It can improve motor skills, hand-eye coordination, rhythm, timing, and balance. Juggling can help you relax and relieve stress, and also build confidence and self-esteem by learning to do what seemed impossible. You can even experiment with tricks. Juggling balls will be provided during class. Sets of 3 balls (for practice at home) will be available from instructor for \$3.00 per set (optional). Wear comfortable clothing.

2 Sessions **\$18**

Instructor: Johnarthur Lightfoot
233359 Potomac CC 1/8 Th 7:00pm-8:30pm
233360 Potomac CC 3/5 Th 7:00pm-8:30pm

Laughter Fitness

Ages 13&Up: We know laughter is the best medicine. This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. Side effects include reduced stress, calm mind, anxiety relief, reduced depression, increased energy and improved concentration.

8 Sessions **\$60**

Instructor: Kumud Mathur
232118 Potomac CC 1/6 Tu 7:15pm-8:00pm

Girl Scouts: Etiquette Workshop

For Girl Scouts: Good manners are really about being respectful to others and oneself. Girls will have a wonderful time in this program that helps develop confidence and poise. This fun interactive workshop uses games and group exercises to practice etiquette and manners; focus is on dining skills, communication skills and feeling comfortable in social situations. Registration is per girl. Brownies 1/17 and Juniors 2/7.

1 Session **\$9**

Instructor: Boyds Country Day School
234102 Bauer Drive CC 1/17 Sa 10:00am-11:30am
234101 Germantown CC 2/7 Sa 12:00pm-1:30pm

Girl Scouts: The Circle of Friendship

Join other Girl Scouts as they explore the importance of social and friendship skills. As girls get older friendships and relationships begin to get more complicated. This hands-on workshop focuses on developing positive relationship skills and increasing social self-esteem and confidence. Through exercises, skits and games this fun workshops gives the girls an opportunity to practice and learn respectful relationship skills. Brownies 2/21 and Juniors 3/7.

1 Session **\$9**

Instructor: Boyds Country Day School
234104 Bauer Drive CC 2/21 Sa 10:00am-11:30am
234105 Germantown CC 3/7 Sa 12:00pm-1:30pm

NEW Beginning Stick and Tissue Model Airplanes

Ages 10&Up: Remember the childhood rubber powered stick and tissue models. This class will discuss aerodynamics construction and provide instruction on building and flying a simple model. Once completing the class students are welcomed to join Micro-flyers Club who meet on Tuesday evenings to fly their airplanes inside. This class is open to beginners or interested students may chose to build a more sophisticated model. This is a great way to spend time with your child or grandchild or to learn a new hobby. Children 14 and under must be accompanied by an adult. The adult does not need to register or pay separately.

1 Session **\$12**

Instructor: Norman Davison
234528 Good Hope CC 1/15 Th 7:00pm-10:00pm

NEW Secrets to Getting Published

Ages 18&Up: Are you ready to send your work out for publication-but don't know where to start? This workshop reveals a systematic approach to help you formulate a plan, prepare your manuscript and cover letters and keep records of your submissions.

1 Session **\$18**

Instructor: Rebecca H. Razavi
233916 Potomac CC 3/7 Sa 2:00pm-5:00pm

NEW Writing Your Memoirs:

A Workshop

Ages 18&Up: Writing your life story can be fun, therapeutic, and profitable! In this course, participants will practice the art and craft of telling a good story. Class meets weekly in a safe, relaxed atmosphere to read, share, and workshop new writing. We also discuss the work of master storytellers and strategies for getting those stories published.

8 Sessions **\$120**

Instructor: Rebecca H. Razavi
233972 Potomac CC 1/14 W 6:30pm-8:30pm

NEW Unblocking the Writer's Block

Ages 18&Up: This 3-hour workshop is perfect for those who know they want to write but have gotten stuck (you know who you are!). Using tried-and-true strategies for unleashing the creative muse, writers will leave with renewed enthusiasm and several rough drafts in hand that can serve as a new beginning. Whether you want to write stories, poetry, or nonfiction, this workshop is for you!

1 Session **\$18**

Instructor: Rebecca H. Razavi
233917 Potomac CC 2/7 Sa 2:00pm-5:00pm



Baby Boomers

For more programs for **Active Adults 55+**, see pages 80-85.

Tap and Jazz for Baby Boomers

Ages 43-63: This toe-tapping dance is the perfect way to have keep fit while having fun. Get your feet in the beat and have fun with this energetic class!

8 Sessions

\$70

Instructor: Rowena DeLuca

234626 Holiday Park SrC 1/5 M 6:00pm-7:00pm

BusyBrains Workshop

Ages 43-63: Excellent workout to increase your brain power! Does your brain feel flabby or not as strong and flexible as it once was? BuisyBrains is your bring fitness 'Gym', providing a stimulating mental workout in an informal group setting. This unique program is a fun way to get you on track improve cognitive (thinking) skills and basic brain function. Whether you want to remember a name or figure out if a Campbell's soup on sale is cheaper than the supermarket brain this program will get you on track to begin a full cognitive workout. Please bring a paper and pencil and be prepared to get those neurons stimulated.

1 Session

\$10

Instructor: Angie Braun

233815 Holiday Park SrC 1/12 M 7:00pm-8:30pm

233816 Holiday Park SrC 1/26 M 7:00pm-8:30pm

BusyBrains for Baby Boomers

Ages 43-63: The class is a fun mental workout to keep the synapses firing. Similar to physical fitness this mental fitness workout begins with an easy warm-up, works into a high cerebral workout and ends with a relaxing cool-down. Energizing cognitive workout that will work your mind toward peak performance.

5 Sessions

\$27

Instructor: Angie Braun

233817 Holiday Park SrC 2/9 M 7:00pm-8:00pm

Etiquette for Baby Boomers

Ages 43-63: Increase your confidence by learning to guidelines and rules for etiquette. Knowing the rules of tipping, what to include in a thank-you note, dining etiquette, when and how to greet and shake hands are some of the topics that will be covered in this fun approach to etiquette. Whether you want to improve your business etiquette, handle your self with ease in social settings or make new friends this class will increase your comfort and sociability.

1 Session

\$12

Instructor: Chrystal Taylor

234677 Holiday Park SrC 1/27 Tu 7:00pm-8:30pm

Party Planning for Baby Boomers

Ages 43-63: This wonderful event planning workshop will give you tips to plan the perfect party or event. This workshop will give the tricks of the trade to plan the perfect party without the stress of event planning!

1 Session

\$12

Instructor: Chrystal Taylor

234678 Holiday Park SrC 2/24 Tu 7:00pm-8:30pm



NEW Lawn Bowling

Ages 43&Up: This class is opened to all Baby Boomers and Active Seniors. The sport of lawn bowling can trace its North American beginnings to the 17th Century when English Colonists brought the game to the new land. A bowling green was built at Williamsburg VA in 1632, and the game is still played there today on a beautiful green behind the Williamsburg Inn. Played exclusively and then mostly by men in its early days, lawn bowls has attracted many women players in recent decades. The game is played by seniors and very popular in Arizona, California, Delaware, Florida, Maryland, New Jersey, New York, Pennsylvania and Virginia. Beginners and experienced players welcome to play. \$5 equipment fee paid to instructor at the first class.

16 Sessions

FREE

Instructor: Liz Helmick

234627 Bauer Drive CC 1/14 W,F 12:30pm-2:30pm

Juggling for Boomers

Ages 43-63: One thing most baby boomers can do well it is juggle. With all of the schedules, responsibilities and obligations there is rarely a time to relax and have fun. While juggling all of the responsibilities, recreation time often gets lost. This is the perfect way to learn and have fun in this class that teaches the art of juggling.

2 Sessions

\$18

Instructor: Johnarthur Lightfoot

234527 Holiday Park SrC 3/9 M 7:00pm-8:30pm

Living and Loving Retirement

Ages 43-63: You've spent you life working hard, taking care of responsibilities, and keeping it all together. Now that you are getting closer to retirement, it's time to start thinking about how to have fun, relax, and take time for you! This workshop will help you explore your leisure interests, identify your leisure goals, and make plans to experience the leisure side of life!

1 Session

\$5

Instructor: Shawn Brennan

234630 Holiday Park SrC 2/2 M 7:00pm-8:30pm



MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity****About the Gilchrist Center for Cultural Diversity**

The Charles W. Gilchrist Center for Cultural Diversity is committed to fostering multicultural understanding among residents and creating an inclusive society in Montgomery County. The Center offers a variety of programs in our Wheaton, Germantown and community locations to support residents and to celebrate the diversity of our community. These programs and services include acculturation programs and services for newcomers; information and referral to County and other community services, and programs that highlight the County's diversity, its cultural wealth, and uniqueness.

The Gilchrist Center provides the following programs and services:

Programs for New Americans

English as a Second Language (ESOL): Attend classes for Beginning, Intermediate & Advanced levels taught on weekdays and Saturdays by Montgomery College or Gilchrist Center Volunteers. Free.

Clases de inglés para niveles básico, intermedio y avanzado. ¡Gratis!

English Conversation: Attend classes for advanced beginner and intermediate levels offered weekdays and Saturdays on an ongoing basis. Drop-ins welcomed. Free.

Everyday English: Learn basic vocabulary and conversational skills. Registration required. Free.

Citizenship Preparation Programs: Classes and tutoring for persons 55+ who are preparing for U.S. citizenship offered in Wheaton. Free.

Pro Bono (Free) Legal Clinic: The Montgomery County Bar Foundation offers legal consultations twice a month, on a first-come, first-served basis in Wheaton and Germantown. Call for dates and times. Free.

Consejos legales por orden de llegada. ¡Gratis!

Small Business Development Programs

Small Business Development Programs: Receive technical assistance, micro-loans, and training sessions offered by LEDC.

For more information about Gilchrist Center programs, schedules and registration, please call 240-777-4940 in Wheaton or 240-777-6940 in Germantown.

Cultural/Educational Programs

¡Hablemos! Attend the ongoing Spanish Conversation Club. Drop-ins welcomed. Free.

Spanish for Beginners: Learn basic vocabulary and conversational Spanish skills. Registration fee required.

Spanish Literacy for Spanish Speakers/Taller de Lectura:
Aprenda a leer y escribir en español. ¡Gratis!

Basic Computers: Classes for beginners taught in English, Spanish and French. Registration fee required.

Clases de computación básica en español.

Classe d'informatique elementaire en Français.

"GO" Club: The Arthur Lewis Go Club invites you to learn this ancient strategy game! Ongoing. Drop-ins welcomed. Free.

Volunteer Opportunities

The following volunteer positions are available:

Information & Referral Assistant
ESOL Instructor/Instructor Aide
Basic Computer Instructor/
Instructor Aide
(English/Spanish/French)
Spanish Instructor
(Language/Culture/Literacy)
Event Helper

We provide SSL hours!

**Wheaton Location:**

11319 Elkin Street, Wheaton, MD 20902

Monday: 9:00am–5:00pm

Tuesday, Wednesday & Thursday: 9:00am–9:00pm

Friday: 9:00am–1:00pm

Saturday: 9:00am–3:00pm

Telephone: 240-777-4940

Upcounty Location:

12900 Middlebrook Road, Germantown, MD 20874

Telephone: 240-777-6940



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families, adults and seniors

*infoMONTGOMERY is a collaborative inter-agency effort managed by the
Montgomery County Collaboration Council for Children, Youth and Families, Inc.*

The Sports Pages

Youth Sports on the Go!

Bringing Sports to Recreation After School Programs

The Recreation Sports Team is pleased to announce a new program called "Sports on the Go!" Under this program, children in grades K-6 enrolled in Recreation Community Center afterschool programs will get a chance to try new sports and participate in sports clinics.

This program will begin as part of the Club Rec program offered at Good Hope Community Center, and will eventually expand to other Centers, including the Long Branch, Upper County, East County and Wheaton Community Centers. Recreation Sports staff members will visit centers a few days each week, bringing fun and exercise for the children.

Different sports will be offered at different Centers, depending on the equipment and facilities of each Center. Some of the programs the staff plans to offer include clinics on baseball, softball, soccer, basketball, flag football, lacrosse, volleyball, and even clinics on motor skills and agility.

For more information about the Sports on the Go program, contact Corky McCorkle of the Sports Team at 240-777-6961.



The Kids Need You!

Interested in making an impact on young athletes; not just in their sports careers, but in life, long after their organized playing days are over?

Are you age 16 or older? Want to help kids, make a difference in our community, get some exercise, and have a lot of fun?

Become a volunteer Coach! We have a critical need for volunteer coaches for children in Grades 1 through 8. If we don't get enough coaches to volunteer, we have to turn children away. And who wants to tell a first grader he or she can't play basketball because there's no coach?

We are currently recruiting coaches for Basketball and are in dire need of volunteer coaches NOW for our Winter Leagues. Be a coach and make a difference in the life of a child.

For more information call the Sports Team at 240-777-6961 or visit our website.

Preview of Upcoming Recreational Youth Sports

Winter Starting Line Up

- Instructional Basketball - Grades 1-2
- Basketball - Grades 3-8
- Basketball - Grades 9-12 offered on a competitive level
- Indoor Field Hockey (grades 4-8)

League play begins in January.

Basketball registration ends first week of Nov.

On Deck for Spring 09

- Baseball - Grades 4-9
- Machine Pitch Baseball - Grades 2-3
- T-ball - Age 4-7 years
- Slow Pitch Softball - Girls Grades 3-8
- Fast Pitch Softball - Girls Grades 7-8

Registration begins in March. League play begins in late April.

Preview of Upcoming Competitive Sports

Winter Starting Line Up

- Basketball - Senior Adult and Adult
- Rising Star Basketball - Grades 5-8
- Volleyball Clinics - Adult

League play begins in December (Rising Star basketball begins in January).

On Deck for Spring 09

- Soccer - Men's, Women's, and Co-Rec
- Softball - Senior Adult, Men's, Women's, and Co-Rec
- Volleyball - Men's, Women's, and Co-Rec
- Flag Football - Co-Rec
- Touch Football - Men's
- Adult Dodgeball
- Adult Kickball

Registration begins in February. League play begins in March.

Youth Sports

One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions **\$87**

Instructor: Inc One on One Basketball

234620 Clopper Mill ES 12/10 W 3:15pm - 4:15pm

234622 Potomac ES 12/12 F 3:40pm - 4:40pm

Field Hockey Indoor

Instructional Indoor program for girl's in grades 4th thru 9th grade. Participants required to have indoor field hockey stick, mouth piece and shin guards. 6 week program with indoor scrimmages scheduled by the site-director.

6 Sessions **\$83**

Instructor: Jazz Perazic's MD Sports

234499 Bauer Drive CC 1/25 Su 5:00pm - 6:00pm

234500 Bauer Drive CC 1/25 Su 6:00pm - 7:00pm

MD Sports All Star Skills Clinic

Ages 8-17: Jazz Perazic's MD Sports All Star Skills Basketball Clinic. Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions **\$140**

Instructor: Jazz Perazic's MD Sports

234503 Ridgeview MS 12/12 F 7:00pm - 9:00pm

234504 Kingsview MS 12/12 F 7:00pm - 9:00pm

234505 Lakewood ES 12/12 F 7:00pm - 9:00pm



MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork

7 Sessions **\$110**

Instructor: Jazz Perazic's MD Sports

234471 Luxmanor ES 12/8 M 3:15pm - 4:30pm

234474 Rosemary Hills ES 12/8 M 3:15pm - 4:30pm

234491 Stonegate ES 12/8 M 3:15pm - 4:30pm

234477 Oakland Terrace ES 12/9 Tu 3:30pm - 4:45pm

234479 Bradley Hills ES 12/9 Tu 3:15pm - 4:30pm

234480 Glen Haven ES 12/9 Tu 3:30pm - 4:45pm

234476 Sherwood ES 12/10 W 3:30pm - 4:45pm

234494 Olney ES 12/10 W 3:30pm - 4:45pm

234481 Greenwood ES 12/11 Th 3:15pm - 4:30pm

234482 Glenallan ES 12/11 Th 3:15pm - 4:30pm

234485 Bethesda ES 12/11 Th 3:15pm - 4:30pm

234478 Flower Valley ES 12/12 F 3:15pm - 4:30pm

234484 Kensington-Parkwood ES 12/12 F 3:30pm - 4:45pm

234492 Wayside ES 12/12 F 3:30pm - 4:45pm

MD Sports Winter Basketball Camp

Ages 6-16: Join us for an exciting sports experience where fun and learning never stops. Every camper will receive a T-shirt and a participation medal. Special awards and prizes will be presented at the end of the camp week. Select games and matches will be videotaped and shown during camp hours for instructional purposes. Skill sessions are conducted daily. Campers are divided according to their age and skill level.

4 Sessions **\$200**

Instructor: Jazz Perazic's MD Sports

234502 Tilden MS 12/29 M, Tu, W, F

9:00am - 4:00pm



National Youth Coaches

National Youth Coaches Association

Dear Coaches of Montgomery County, The purpose of the National Youth Sports Coaches Association is to train coaches involved in youth sports. The Department of Recreation encourages all entry-level coaches to participate in this program. Certification in the following sports is offered seasonally: Softball, Baseball, Soccer, Tackle football, Flag football and Basketball. The Certification includes practice organization, basic first aid, coaching information for skills and drills in the targeted sport. In addition provides secondary Liability Insurance coverage to the certified coach. The Certification is a 3-hour video instruction program. The cost of this training is \$33.00 per Coach. Coaches must pre register before participating in these trainings. Must mail registration into Montgomery County Department of Recreation at 4010 Randolph Road, Silver Spring, MD 20902 or call for more information at 240-777-6961 (Attention Corky McCorkle).

1 Session **\$33**

Instructor:

229962 MCRD Offices 12/6 Sa 10:00am - 1:00pm

229963 MCRD Offices 12/13 Sa 10:00am - 1:00pm

For fastest registration priority, use RecWeb, Starline, or register in person!

The Recreation Department offers five ways to register for activities: RecWeb internet registration, STARLine touchtone telephone registration, walk-in registration, mail, and fax. See page 162 for more information about each of these registration procedures.

A note about fax and mailed registrations: Our Customer Service representatives process faxed and mailed registrations as quickly as possible; but we cannot guarantee that these registrations will be processed immediately upon receipt. If there are walk-in customers at the Customer Service window when faxed or mailed registrations are received, the walk-in customers are served before the faxed or mailed registrations are processed. If faxed or mailed registration forms are received prior to the first official day of registration, these forms will be secured in a safe until registration begins. At that time, the faxed or mailed registrations will be processed, but may not necessarily be processed in the strict order that they were received, and all will be treated as if they arrived on the first day of registration.



Register from the comfort of your own home or wherever you have an internet connection!

No need to walk in or mail in your registration form. Your registration is complete with only a few mouse clicks using RecWeb Internet Registration!

You must have an account with us before you register via RecWeb. For more information about RecWeb, visit our website at www.montgomerycountymd.gov/rec and select *Registration*.



For those who prefer to register on the phone, we still offer STARLine, our automated touchtone phone registration system. Visit our website for complete information about using STARLine.



Have more questions about how to register?

Call us at 240-777-6840 and we'll be glad to answer any questions you might have.

All registrations and debts owed on your account must be paid for in full when you register via RecWeb or STARLine.

FOR ACTIVE ADULTS ON



Start SOARing

See page 84 for more information including fees and registration information.



Winter 2009

Working, semi-retired, or retired we realize that your schedule may be a busy one and yet you may want to take the time to try something new in either the day or evening hours SO we are adding a number of new activities to our Program Menu.

ALL REQUIRE PRE-REGISTRATION

If you would like us to add your name to our e-mail list and be updated on new happenings please e-mail us at recreation.customerservice@montgomerycountymd.gov and specify "Active Adults On The Go"

YOU MUST PRE-REGISTER FOR THE ACTIVITIES LISTED BELOW. USE Registration form on page 144.

Outdoor Activities for Active Adults 55 and Older

Explore some of the great natural resources and outdoor activities available in our area with experienced staff from Montgomery County Department of Recreation. With a small group of other active older adults take a new hike, try out a sea kayak or canoe or explore a wild cave. If you are ready for fun and challenging activities one of our trips could be for you. Transportation by County Van or meet us at the site.

Call 240-777-4925 or e-mail matt.rowe@montgomerycountymd.gov for more information. **Pre-registration required.**

Hike Great Falls Virginia

\$15

234639 December 2 9:00am-3:00pm

Head to the Falls for some great views of the Potomac and Mather Gorge. 5 miles moderate difficulty.

Hike Billy Goat Trail

\$15

234641 January 13 9:00am-3:00pm

Enjoy Spectacular views and a historic setting on this moderately difficult hike of 4.0 miles.

Hike Appalachian Trail/ George Washington Monument

\$15

234640 February 10 9:00am-3:00pm

Enjoy great views from South Mountain in part of the Appalachian Trail in Maryland.



Baltimore Symphony Orchestra Performs at Senior Centers

Join us for one or more of these free performances by the professional musicians of the Baltimore Symphony Orchestra:

- Friday, December 5, 2008, 11:00am
Janet & Gregory Kuperstein Violin Duo
at Long Branch Senior Center
- Friday, February 6, 2009, 1:00pm
Atlantic String Quartet
at Margaret Schweinhaut Senior Center
- Monday, January 12, 2009, 1:15pm
Brass Quintet
at Holiday Park Senior Center
- Friday, February 27, 2009, 1:00pm
Trio La Milpa
at Damascus Senior Center

Baby Boomers!

Check out our new classes, specifically designed for the "Baby Boom" generation, ages 43-63.
See page 74.

THE GO (AGE 55+)

NEW Active Adults Fitness Clinics

An opportunity for persons 55 years and older, to attend a clinic designed to inform beginners about the basics of healthful activity and how to utilize the exercise facilities in local MCRD Community Centers. Options exist for use of these facilities free of charge during specific days and times. The clinics are conducted by a Professor of Health at Montgomery College and are free to the public. Pre-registration is necessary. Call 240-777-4922 for more information.

Please look for registration fliers at your local Community Center with listings for the day and time of these clinic offerings.

Sites include:

Bauer Drive Community Center
Coffield Community Center
Damascus Community Center
East County Community Center
Germantown Community Center
Long Branch Community Center
Longwood Community Center
Leland Community Center
Potomac Community Center
Praisner Community Center



55+ Clinics: Introduction to the Weight Room

Group instruction designed for active seniors. Learn weight room etiquette, use of cardiovascular equipment, weight machines and free weights to develop a challenging circuit training routine that you can continue on your own.

FREE but you must pre-register.

- | | |
|--------------------------------------|----------------------------------|
| • Germantown Community Center | Second Thursday of month, 5:00pm |
| Dec. 11 234523 Jan. 8 | 234524 Feb. 12 234525 |
| • Schweinhaut Senior Center | Third Thursday of month, 10:00am |
| Dec. 18 234518 Jan. 15 | 234521 Feb. 19 234522 |
| • Holiday Park Senior Center | Last Thursday of month, 10:30am |
| Jan. 29 234517 Feb. 26 | 234519 Mar. 26 234520 |

You also have access to an exercise and weight room at any community center that has a senior program, during their senior program hours at no cost. If you use the exercise rooms on other days and times at the community centers, you will have to purchase a regular season pass.

Visit a Center this Winter,

where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth. Each program is unique.

Centers

Damascus Senior Center * + (M-F, 9:00am-4:00pm)

9701 Main Street, Damascus
240-777-6995

Gaithersburg Upcounty Senior Center * + (M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)

80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + (M-F, 9:00am-4:00pm)

3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center * + (M-F, 10:00am-2:00pm)

Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * + (M-F, 8:30am-4:00pm, Sat, 9:30am-3:00pm)

1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Centers

If no phone number is listed, call the office at 240-777-4925.

Bauer Drive + (M 10:00am-2:00pm)

Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Clara Barton (W 10:00am-2:00pm)

Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Clarksburg (W 10:00am-2:00pm)

Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield (Tu, W, Th, 10:00am-2:00pm)

Coffield Community Center,
2450 Lyttonsville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County * + (Tu, F, 10:00am-2:00pm)

East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Germantown + (M, Th, 10:00am-2:00pm)

Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Program

(Tu, W, F, 9:00am-4:00pm)

Germantown Community Center
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Leland (call for information)

Leland Community Center,
4301 Willow Lane, Chevy Chase
301-652-2249

Longwood + (M 10:00am-2:00pm)

Longwood Community Center,
19300 Georgia Avenue, Brookeville

Poolesville Area

Call 240-777-4925 for information on future programs.

Potomac + (Tu 10:00am-2:00pm)

Potomac Community Center,
11315 Falls Road, Potomac

Praisner * + (Th 10:00am-2:00pm)

Marilyn J. Praisner
Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Ross Boddy * + (W, Th, 9:30am-2:00pm)

Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring

Waverly House * (Th 10:00am-2:00pm)

Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available

+ Limited transportation available



Special Activities and Events

Listed below is just a small sampling of what is offered at the various sites listed on page 88. Call 240-777-4925 or visit a location to obtain more information on Senior Center and Neighborhood Programs.

Long Branch Center

8700 Piney Branch Road, Silver Spring, MD
301-431-5708

Drawing and Painting Class, the first Thursday of each month. Free. Maria Gonzalez from Arts for the Aging teaches the basics and encourages self expression.

Love Songs, Friday, February 13, 12:00pm. Donato Soranno and others will thrill you with a wide range of romantic music in several languages. Free.

Health and Wellness....

Do you need to exercise more? No excuses. Free activities at Long Branch Senior Center:

Senior Fit Monday and Friday, noon.

Better Bones Wednesday and Friday, 1:00pm.

PACE (People with Arthritis Can Exercise) Tuesday and Thursday, 10:15am.

T'ai Chi Friday, 9:30am.

Walking Tuesday and Thursday, noon.

Seated Volleyball Thursday, noon.

World Dance Second Friday of each month, noon.

Weight Room Monday–Friday, 10:00am–2:00pm.

Flu and Pneumonia Shot Clinic Monday, November 17, 10:00am – 12:30pm. Free with Medicare card. Self pay flu \$27.00, pneumonia \$35.00.

Living to 100 Tuesday, December 9, 11:00am. Adventist Healthcare speaker inspires us to live life well.

Pilates Demonstration Thursday, December 18, 11:00am. Sarah McKechnie, Holy Cross Hospital, demonstrates.



Holiday Park Center

3950 Ferrara Drive, Wheaton MD
240-777-4999

Music For The Holiday Season...

Dale Jarrett on the piano with songs of the 30's, 40's and 50's. Ella Fitzgerald, Nat King Cole, Frank Sinatra, Mel Torme and a host of others. Tuesday, December 16, 1:15pm. Free.

Deena Javor sings popular standards and entertains you with smiles galore. Monday, December 22, 1:15pm. Free.

And More Music In A Style For You...

Boys Night Out Enjoy folk, blue grass and lots of fun music. Tuesday, January 6, 1:15pm. Free.

ISIS Classical Music by Amy Thomas on Flute and Miyuki Yoshikami on koto (traditional Japanese stringed musical instrument). Thursday, January 29, 1:15pm. Free.

Vintage Entertainment by Frank & Patsy Currari impersonating Patsy Kline and Frank Sinatra. Monday, February 9, 1:15pm. \$2.00

M Street Brass Band Enjoy this quintet playing classical, popular music. Tuesday, February 20, 1:15pm. \$2.00

Travel With Us To Faraway Places...

Fiji & North Norway Produced and directed by Sandy and Gail Cohen. Tuesday, January 13, 1:15pm.

Waterways of Europe by Jim Heins. Wednesday, January 14, 1:15pm.

Book Talks and Tidbits... Wednesday, February 11, 1:15pm. Romance Novels, 1940 to Now. Linda Goldsmith, Bethesda Library.

Eat Right Be Right... Tuesday, January 20, 1:15pm. "Seniors & Supplements: Vitamins, Minerals & All That Other Stuff" Presented by Melanie Polk, Senior Nutrition Program.

Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6. Days and times are available by going to the montgomerycountymd.gov web site and looking at the program schedule schedule (click on County Cable 6).



Damascus Center

9701 Main Street, Damascus, MD
240-777-6995

Hey Day Players

Tuesday January 13th, 2009 at 1:00pm

The Hey Day Players Senior Steppers will be at the Damascus Senior Center to perform their new routine. Cost is Free

Hearing and Balance Testing

Thursday January 22nd, 2009 at 12:30pm

Dr. Doniger of the Monarch Hearing and Balance Center will do a lecture to the Seniors and do hearing and balance testing. Cost is Free

Start Soaring (Senior Outdoor Adventures in Recreation) It's the thing to do!

Awaken the spirit of adventure! Specifically designed day trips for the active senior age 55 and up. Call 240-777-4925 for trip and registration information. You must follow the registration procedures on page 146.

224622 Ski Trip January 28, 2009
Fee \$30

Join in the fun at Whitetail Mountain Resort in Mercersburg, PA for our annual ski trip. The fee of \$30 is for transportation only, and is payable to MCRD. The lift ticket and equipment rental fees are paid directly to Whitetail upon arrival.

8 hour lift tickets are \$45 or \$22.50 if you are 65 or older*

4 hour lift tickets are \$40 or \$20 if you are 65 or older*

Equipment rental fees are \$36*

Leave 8:30am/Return 4:30pm – Holiday Park Senior Center

* All Fees Subject to Change

Coming This Spring...

SOAR trip destinations to look forward to include: A cruise on the Spirit of Washington during cherry blossom time; visits to several Civil War battlefields with guided tours; our annual sailing trip on the Chesapeake Bay; whitewater rafting; visits to Smith's Island and Annapolis; and many other destinations. Call us or send us a note and we'll put you on our mailing list for the spring brochure.

Margaret Schweinhaut Center

1000 Forest Glen Road, Silver Spring, MD
301-681-1255

Civil War Christmas at Home Wednesday, December 10, 10:30am. Learn how the holidays were celebrated long ago. Montgomery Historical Society. FREE

Holiday Party Friday, December 19, 1:00-2:30pm. Holiday music by the M Street Brass Quintet and light refreshments. Obtain a free ticket

Health and Wellness....

Healthy Hearing and Balance During the Holidays Tuesday, December 23, 10:30am. Stay active and healthy during the holidays with tips on balance. Hearing and Balance Center. FREE

Senior Fit Monday through Saturday, hours vary per day. Fun and strenuous exercise classes offered by Holy Cross Hospital and Kaiser Permanente. FREE

Healthy Weight for the New Year Tuesday, January 13, 10:30am. Start the New Year in a healthy direction with Holy Cross Hospital.

Hearing Screenings Tuesday, February 3, 1:00pm. Audiologist works individually with people that need hearing aid adjustments and tests. FREE

Cholesterol Tests: What, When, and Why

Tuesday, February 24, 10:30am. Learn what the test numbers should be and what they mean from Adventist health Care. FREE

Noon Years Eve Party Wednesday, December 31, 11:30am-2:30pm. Enjoy a toast to the new year, lunch, and dancing. Fee

So You Want to be a Star?!

Singers! Start choosing music and practicing scales as you look forward to **SENIOR IDOL** coming in January 2009. Montgomery County will hold auditions and the winner will move onto a 10 county-wide competition. Call 240-777-4925 or email dianne.smith@montgomerycountymd.gov to show your interest or for more information. There's a lot of talent out there--let's hear from you and *Let it Shine!*

Mini Trips/Short Day Excursions

These 4-6 hour trips are available for departure from your local senior center or neighborhood program. Busses for these trips accommodate 20-22 persons per bus. The transportation fee is \$7.00 payable to MCRD. This **does not** include lunch fees, entrance fees or any other additional fees associated with some of these trips. These additional fees are payable, by you, the day of the trip to the appropriate vendor. **Since our space is limited, we can't provide a detailed itinerary of each trip in this brochure. Prior to registering, call the senior program site (see page 82) on a day that the program meets and ask to speak to the Senior Program Director, or call our main office at 240-777-4925.**

Our busses are wheelchair accessible, but we must know in advance if you require this accommodation, to ensure your space if the trip isn't already full.

COURSE #	DATE	DEPARTURE/RETURN LOCATION	DESTINATION
December			
231005	12/01/08	Leland	DAR Constitution Hall
230977	12/02/08	Long Branch	Union Station
230967	12/03/08	Longwood	National Botanical Gardens
230975	12/05/08	Praisner	Decatur House Museum/Georgia Brown's
230966	12/08/08	Germantown	Golden Corral/Frederick
230968	12/09/08	Potomac	Cozy Inn, Thurmont
230972	12/10/08	Damascus	Covered Bridges/Cozy Inn
230969	12/12/08	Holiday Park	National Gallery of Art
230976	12/15/08	Bauer	Prime Outlets/Hagerstown
230974	12/16/08	Long Branch	Brookside Gardens/White Flint Mall
230978	12/17/08	Ross Boddy	National Botanical Gardens
230971	12/19/08	East County	Old Country Buffet
230970	12/23/08	Schweinhaut	Ellicott City
230973	12/24/08	Coffield	Annapolis
January			
230979	1/05/09	Germantown	National Museum of American History
230980	1/07/09	Longwood	Toby's Dinner Theater
230982	1/09/09	Holiday Park	National Gallery of Art
230989	1/12/09	Bauer	Sandy Spring Museum
230981	1/13/09	Potomac	Wegman's Supermarket Hunt Valley
230991	1/14/09	Ross Boddy	National Great Blacks in Wax Museum
230984	1/16/09	East County	East Wing National Gallery of Art
230983	1/20/09	Schweinhaut	Smithsonian
230986	1/21/09	Coffield	Bureau of Engraving
230988	1/23/09	Praisner	Frederick Douglas Museum
230990	1/27/09	Long Branch	National Harbor
230987	1/28/09	Leland	Baltimore Museum of Art
230985	1/30/09	Damascus	Old Post Office Tower & Pavilion
February			
230992	2/02/09	Germantown	Madam Tousant Wax Museum
230995	2/03/09	Holiday Park	Museum of American Art
231002	2/09/09	Bauer	Anacostia Museum
230994	2/10/09	Potomac	Hillwood Estate
231004	2/11/09	Ross Boddy	Cozy Inn, Thurmont
230997	2/13/09	East County	Kennedy Center Tour
230996	2/17/09	Schweinhaut	Sandy Spring Museum
230999	2/18/09	Coffield	Textile Museum
231000	2/20/09	Praisner	Pentagon Tour
230993	2/23/09	Longwood	Newseum
231003	2/24/09	Long Branch	Reginald Lewis Museum
230998	2/27/09	Damascus	Monocacy National Battle Field

Registration form on page 144.



THERAPEUTIC RECREATION

Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.



Cooking for Kids

Ages 7-12 with disabilities: Everyone will help make, eat, and clean up a tasty snack each class. Will it be more fun making it or eating it? You decide! Focus will be safe food preparation, healthy food choices, and socialization. Parent participation is optional. 1 staff to 4 participants. No personal care provided.

6 One hour and thirty minute sessions **\$45**
231695 Bauer Drive CC 1/24 Sa 12:30pm

Creative Expression and Dance

Children, Ages 5-12, with mild developmental delays: This dance and creative movement class will offer young children the opportunity to increase motor skills develop self-confidence and creativity through the art of dance. 1 staff to 4 participants.

6 Forty five minute sessions **\$30**
231670 Bauer Drive CC 1/20 Tu 4:30pm

Fun, Rhythm & Roll-Just for Kids!

Ages 7-12: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk and fun dances. Designed especially for children with developmental disabilities and their peers. Movements are also adapted for individuals who use wheelchairs or other mobility devices.

8 Forty five minute sessions **\$60**
231673 Holiday Park SrC 1/10 Sa 9:00am



Therapeutic Recreation Dances

For teens and adults, ages 15 and up, with disabilities. DJ, refreshments, and opportunities for socialization. Transportation must be arranged prior to the event, with pick-up at 10:00pm. Bring ID for check in.

A REGISTRATION FORM IS NOW REQUIRED. PLEASE PRE-REGISTER.

Cost: \$5.00 club members; \$7.00 non-club members

Location: Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton

Winter Wonderland Dance

Saturday, January 24, 2009

"Let it snow, let it snow, let it snow!" Enjoy a cup of cocoa and stay warm dancing the night away.

231696 Holiday Park SrC 1/24 Sa 7:00pm

Mardi Gras Dance

Saturday, March 7, 2009

Mardi Gras is February 24th, but we're extending the celebration. "Let the good times roll!" Wear the colors of Mardi Gras – green, gold, and purple.

231697 Holiday Park SrC 3/7 Sa 7:00pm

TR BIG Game Nights

Ages 13&Up, with disabilities: Have fun playing oversized games with your friends, and come make new friends too. Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care.

5 Two-hour sessions **\$40**
231098 Holiday Park SrC 1/9 F 7:00pm

Karate for Individuals with Disabilities

Ages 6&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

10 Forty-five minute sessions **\$88**
231680 Holiday Park SrC 12/6 Sa 9:00am
231681 Holiday Park SrC 12/6 Sa 10:00am

Saturday Teen Fun Times

Ages 13-21 with disabilities: Enjoy once a month activities that include games, crafts, music, movement, outdoor activities and a light lunch in a structured environment. Participants should be able to indicate basic wants and needs and follow one and two step directions. No personal care provided. 1 staff to 4 participants. (Meets 1/10, 2/14, 3/14).

3 Three-hour sessions **\$49**
231689 Holiday Park SrC 1/10 Sa 11:00am

Fun, Rhythm & Roll

Ages 15&Up, with disabilities: Enjoy moving to a world of rhythms. Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances. Designed especially for teens and adults with developmental disabilities. Movements are also adapted for people who use wheelchairs or other mobility devices. Wheelchair users must be able to move their own chairs.

10 Forty-five minute sessions **\$75**
Instructor: Sue Green
231672 Holiday Park SrC 1/10 Sa 10:00am

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number. You can also send us your email address to receive information.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive
Wheaton, MD 20906

PROGRAMS

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 10 participants. No class 1/19, 2/10, 2/16, 3/10.

8 One hour sessions			\$33
231690	Wheaton CC	1/12 M	7:00pm
231691	Potomac CC	1/13 Tu	7:00pm
231692	Damascus CC	1/15 Th	6:00pm
231693	Bauer Drive CC	1/15 Th	7:00pm

Turn the Beat Around

Teens and adults, 15 and up with disabilities: Introduction to basic movement to music for exercise and social dancing. Participants should be able to indicate basic wants and needs and have minimum self-help skills. 1 staff to 10 participants.

8 One-hour sessions			\$33
231699	Bauer Drive CC	1/15 Th	8:00pm
235769	Good Hope CC	1/14 W	7:00pm

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care provided.

8 One hour and thirty minute sessions			\$35
231662	ML King AqC	1/13 Tu	8:30pm
231663	Montgomery AqC	1/15 Th	8:30pm
231664	Germantown Indoor	1/14 W	8:30pm
231668	Olney Indoor	1/16 F	7:00pm

Beginning Handbuilt

Pottery for Adults

Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. No personal care provided.

8 One hour sessions			\$65
231669	Wheaton CC	1/14 W	1:30pm

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least 2 weeks** prior to the start of the program. Please call 240-777-4925, TTY 240-777-6974, to schedule an intake for accommodations needed. Email: mainstream@montgomerycountymd.gov.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and not guaranteed.

RecTransitions

RecTransitions is a Therapeutic Recreation program designed for middle and high school students enrolled in Special Education. Students enrolled in the School Community Based (SCB) and the Learning For Independence (LFI) programs are the targeted audience. Rec is short for Recreation and Transitions refers to the Transition Program that moves students from school to work. Combining the two areas prepares students for recreational opportunities that they may pursue during their leisure time. Offerings include Water Aerobics, as well as the new Chair Yoga, Hip Hop Line Dancing and Circuit Training for middle school students. If you are interested, call our office at 240-777-4925.

Feeling Fit through Yoga

Call Therapeutic Recreation at 240-777-4925.
Holiday Park SrC

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 One hour sessions			\$35
231682	Germantown CC	2/8 Sun	1:00pm

Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision-making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic wants and needs. Winter schedule will begin in January.

Active Adults Club Adults, ages 21 and older, with developmental disabilities. 1 staff to 5 participants. Events require members to actively participate in community trips and group activities.

Winter Membership only (January-March) \$40

Weekenders Club Adults, ages 21 and older, with learning disabilities. 1 staff to 6 participants. This club serves independent members in group activities that are socially exciting in the community.

Winter Membership only (January-March) \$40

Volunteers Needed

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours. Training provided.

Call the Volunteer Coordinator at 240-777-4925

THE COMMUNITY CORNER

The 18 community and neighborhood recreation centers in Montgomery County provide a full range of recreational opportunities for all ages. Take advantage of recreation programs and services located "just around the corner" in your community.

Potomac Community Center Pairs with Potomac Home and Garden Club

One of the more noticeable features of the Potomac Community Centers are the entranceway gardens. These gardens feature a variety of annual and perennial plantings, and are maintained through a partnership between the Center and the Potomac Home and Garden Club.

"The Garden Club has held their monthly meetings at our Center for years," says Linda. "One day they approached us and asked if they could work with us to beautify the landscaping around the Center. Of course we said yes!" The partnership has been in place ever since. It has been so successful that the Center's gardens have won two County awards for beautification of public spaces.

Potomac Community Center is Home to Table Tennis Club

Walk into the Potomac Community Center in November or May and you'll get caught up in the excitement of the semi-annual tournaments held by the Center's Table Tennis Club. The Club boasts nationally ranked players so the action is fierce and competitive! "Participants' ages range from age 8 up to advanced senior citizens," according to Linda, so there's an opportunity for all ages to learn and play this energetic game.



Get to Know Our Staff


If you've ever been to the Potomac Community Center, you've probably met Linda Barlock. She's the Director of the Center, and has served in that role almost 20 years. In those 20 years, Linda has come up with innovative programs and partnerships that make the Potomac Community Center a busy active part of Potomac life.



"Potomac has grown in so many ways over the last 20 years," says Linda. "The Center used to be used primarily for classes for young adults," she remembered. "But now we have people from all ages and backgrounds who come to our Center for all kinds of programs. As our community has become more diverse, our Center programs have expanded to meet those needs."

Linda concludes by saying, "I have a wonderful Advisory Board which supports programs for all ages. They're always looking for ways to improve the Center and to work with the community and the County."

Featured on this page are some of the programs and partnerships that Linda has developed over the years. Under Linda's sustained leadership, the Potomac Community Center will continue to be an important part of the Potomac community.



Club Friday and the After Hours Club – Fun for Kids

Seventeen years ago, Linda had an idea. She wanted to start a program for kids where they could come to the Center and have fun in a safe and supervised environment. That idea blossomed into Club Friday. “I would say Club Friday is our signature program,” says Linda. “We average about 350 kids in

grades 3 through 6 every Friday night from 7-9pm, October through April.” Participants enjoy activities, sports, arts and crafts, and a chance to hang out with friends. Club Friday was such a success at Potomac that is now offered at several Recreation Community Centers.

With the success of Club Friday, there was a demand for similar programming for older kids. Now, middle school kids can have the same fun in The After Hours

Club. “Our After Hours Club continues to grow,” according to Linda. “It meets the first Friday of every month from 9-11pm.”

If you’re ever at the Center on a Friday night, you’ll see hundreds of county children enjoying these programs



Senior Exercise Programs feature Tai Chi and “Senior Shape”

One of the more popular Center programs for seniors is the Senior Exercise Program. “Our Senior Exercise Programs of Tai Chi and Senior Shape have grown immensely over the past three years,” says Linda. “It’s getting to the point where we’re almost running out of room for them.” These programs allow seniors improve fitness, mobility and flexibility by engaging in safe exercise tailored to the special needs of senior bodies. Tai Chi is taught by an instructor in his 90’s, proving that you’re never too old to exercise! The Senior Shape program is part of a grant partnership with Suburban Hospital, and emphasizes stretching and other gentle exercises to benefit seniors.



Potomac Community Center Quick Reference Guide

11315 Falls Road, Potomac
240-777-6960

Hours:

Monday-Thursday 9:00am-10:00pm

Friday 9:00am-6:00pm

Saturday 9:00am-6:00pm

Sunday 12:00pm-6:00pm

Featuring: Gymnasium • Exercise Room
• Meeting rooms • Art Room • Lounge Area
With Pool Tables and Games • Community Room • Social Hall With Kitchen

Drug Awareness & Open House Carnival in December.

This event is an Open House for the Center’s popular Club Friday program. It’s a family event where parents and their children can check out the Club Rec program and learn about the Center. The Open House features a moonbounce and other carnival activities, and also has displays and educational materials about drug and alcohol awareness.

Holiday Break Camps for Kids

Club Holiday is the perfect way to spend the holidays. Held during the school system’s Winter Break, kids can enjoy sporting events, games, arts and crafts, and lots of other activities.

We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers



Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 91.

Take a Virtual Tour of our centers online at montgomerycountymd.gov/rec



Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

DC Down-County

Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac, Friendship Heights

EC East County

Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

MC Mid-County

Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

UC Upcounty

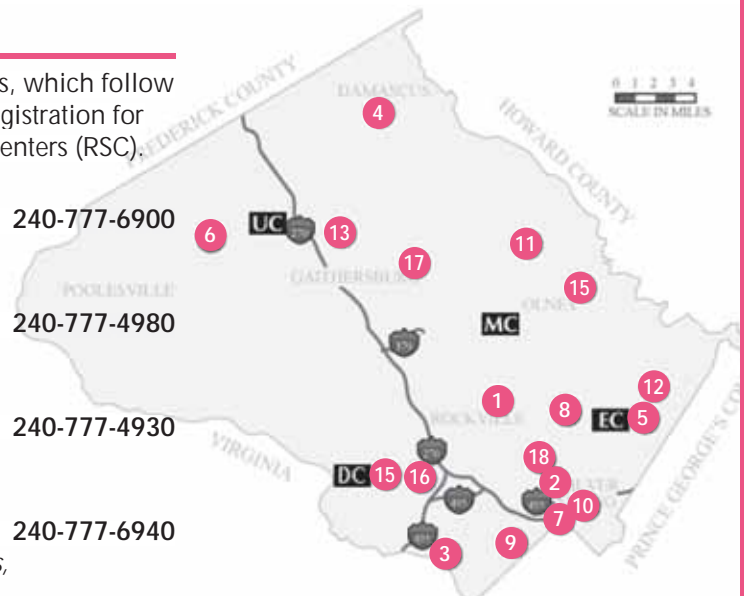
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown

240-777-6900

240-777-4980

240-777-4930

240-777-6940



Aquatic Centers: See page 7.

Senior Centers: See page 82.

Other Locations: See page 92.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRCs can also be rented. Call for specific hours and availability.

- | | |
|---|---|
| <p>1 Bauer Drive Community Center
301-468-4015
14625 Bauer Drive, Rockville</p> <p>2 Charles Gilchrist Center for Cultural Diversity
240-777-4940
11319 Elkin Street, Wheaton</p> <p>3 Clara Barton Community Center
301-229-0010
7425 MacArthur Boulevard, Cabin John</p> <p>4 Damascus Community Center
240-777-6930
25520 Oak Drive, Damascus</p> <p>5 East County Community Center
301-572-7004
3310 Gateshead Manor Way, Silver Spring</p> <p>6 Germantown Community Center
301-601-1680
18905 Kingsview Road, Germantown</p> <p>7 Gwendolyn Coffield Community Center
240-777-4900
2450 Lyttonsville Road, Silver Spring</p> <p>8 Good Hope Community Center
240-777-8055
14715 Good Hope Road, Silver Spring</p> <p>9 Leland Community Center
301-652-2249
4301 Willow Lane, Chevy Chase</p> | <p>10 Long Branch Community Center
301-431-5702
8700 Piney Branch Road, Silver Spring</p> <p>11 Longwood Community Center
240-777-6920
19300 Georgia Avenue, Brookeville</p> <p>12 Marilyn J. Praisner (formerly Fairland) CRC
240-777-4970
14906 Old Columbia Pike, Burtonsville</p> <p>13 Plum Gar Community Center
301-601-0966
19561 Scenery Drive, Germantown</p> <p>14 Potomac Community Center
240-777-6960
11315 Falls Road, Potomac</p> <p>15 Ross J. Boddy Community Center
240-777-8050
18529 Brooke Road, Sandy Spring</p> <p>16 Scotland Community Center
301-983-4455
7700 Scotland Drive, Potomac</p> <p>17 Upper County Community Center
301-840-2469
8201 Emory Grove Road, Gaithersburg</p> <p>18 Wheaton Community Center
301-929-5500
11711 Georgia Avenue, Wheaton</p> |
|---|---|

Facility Locations

ELEMENTARY SCHOOLS (ES)

Barnsley, Lucy Elementary School-14516 Nadine DR, Rockville, 20853

Bethesda Elementary School-5011 Moorland LN, Bethesda, 20814

Beverly Farms Elementary School-8501 Post Oak RD, Rockville, 20854

Bradley Hills Elementary School-8701 Hartsdale AVE, Bethesda, 20817

Burning Tree Elementary School-7900 Beach Tree RD, Bethesda, 20817

Clopper Mill Elementary School-18501 Cinnamon DR, Germantown, 20874

Cloverly Elementary School-800 Briggs Chaney RD, Silver Spring, 20904

Damascus Elementary School-10201 Bethesda Church RD, Damascus, 20872

DuFief Elementary School-15001 DuFief DR, Gaithersburg, 20878

Flower Hill Elementary School-18425 Flower Hill WAY, Gaithersburg, 20879

Flower Valley Elementary School-4615 Sunflower DR, Rockville, 20853

Glen Haven Elementary School-10900 Inwood AVE, Silver Spring, 20902

Glenallan Elementary School-12520 Heurich RD, Silver Spring, 20902

Great Seneca Creek Elementary School-13010 Daireymaid DR, Germantown, 20874

Greenwood Elementary School-3336 Gold Mine RD, Brookeville, 20833

Kensington-Parkwood Elementary School-710 Saul RD, Kensington, 20895

Lakewood Elementary School-2534 Lindley TER, Rockville, 20850

Luxmanor Elementary School-6201 Tilden LN, Rockville, 20852

McAuliffe, S. Christa Elementary School-12500 Wisteria DR, Germantown, 20874

McNair, Ronald Elementary School-13881 Hopkins RD, Germantown, 20874

Oakland Terrace Elementary School-2720 Plyers Mill RD, Silver Spring, 20902

Olney Elementary School-3401 Queen Mary DR, Olney, 20832

Poolesville Elementary School-19565 Fisher AVE, Poolesville, 20837

Potomac Elementary School-10311 River RD, Rockville, 20854

Resnik, Judith A. Elementary School-7301 Hadley Farms DR, Gaithersburg, 20879

Rock Creek Valley Elementary School-5121 Russett RD, Rockville, 20853

Rock View Elementary School-3901 Denfeld AVE, Kensington, 20895

Rolling Terrace Elementary School-705 Bayfield ST, Takoma Park, 20912

Rosemary Hills Elementary School-2111 Porter RD, Silver Spring, 20910

Sequoiah Elementary School-17301 Bowie Mill RD, Derwood, 20855

Sherwood Elementary School-1401 Olney-Sandy Spring RD, Silver Spring, 20860

Sligo Creek Elementary School-500 Schuyler RD, Silver Spring, 20910

Stone Mill Elementary School-14323 Stonebridge View DR, Gaithersburg, 20879

Stonegate Elementary School-14811 Notley RD, Silver Spring, 20905

Viers Mill Elementary School-11711 Joseph Mill RD, Silver Spring, 20906

Waters Landing Elementary School-13100 Waters Landing DR, Germantown, 20874

Wayside Elementary School-10011 Glen RD, Potomac, 20854

Woodfield Elementary School-4200 Woodfield RD, Gaithersburg, 20879

Wyngate Elementary School-9300 Wadsworth DR, Bethesda, 20817

SECONDARY SCHOOLS (MS or HS)

A. Mario Loiederman Middle School-12701 Goodhill RD, Silver Spring, 20906

Banneker, Benjamin Middle School-14800 Perrywood DR, Burtonsville, 20866

Bethesda-Chevy Chase HS-4301 East West Highway, Bethesda, 20814

Blair, Montgomery High School-51 University BLVD E, Silver Spring, 20901

Briggs Chaney Middle School-1901 Rainbow DR, Silver Spring, 20904

Churchill, Winston High School-11300 Gainsborough RD, Potomac, 20854

Clemente, Roberto Middle School-18808 Waring Station RD, Germantown, 20874

Einstein, Albert High School-11135 Newport Mill Rd, Kensington, 20895

Frost, Robert Middle School-9201 Scott DR, Rockville, 20850

Kennedy, John F. High School-1901 Randolph RD, Silver Spring, 20902

Kingsview Middle School-18909 Kingsview RD, Germantown, 20874

Lee, Col. E. Brooke Middle School-11800 Monticello AVE, Silver Spring, 20902

Montgomery Village Middle School-19300 Watkins Mill RD, Gaithersburg, 20879

North Bethesda Middle School-8935 Bradmoor ST, Bethesda, 20817

Poole, John Middle School-17014 Tom Fox AVE, Poolesville, 20837

Quince Orchard High School-15800 Quince Orchard RD, Gaithersburg, 20878

Redland Middle School-6505 Muncaster Mill RD, Rockville, 20855

Ridgeview Middle School-16600 Raven Rock DR, Gaithersburg, 20878

Sherwood High School-300 Olney-Sandy Spring RD, Sandy Spring, 20860

Sligo Middle School-1401 Dennis AVE, Silver Spring, 20902

Tilden Middle School-11211 Old Georgetown RD, Rockville, 20852

White Oak Middle School-12201 New Hampshire AVE, Silver Spring, 20904

Whitman, Walt High School-7100 Whittier BLVD, Bethesda, 20817

Wood Middle School-14615 Bauer DR, Rockville, 20853

PARKS (LP, NP, PC)

Camp Seneca Local Park-14500 Clopper RD, Boyds, 20841

Capital View-Homewood Local Park-2929 Edgewood RD, Kensington, 20895

Glenmont Local Park-3201 Randolph RD, Wheaton, 20902

Norbeck-Muncaster Mill Neighborhood Park-4101 Muncaster Mill RD, Norbeck, 20853

North Chevy Chase Local Park-4105 Jones Bridge RD, Chevy Chase, 20815

North Four Corners Local Park-211 Southwood AVE, Silver Spring, 20901

Norwood Local Park-4700 Norwood DR, Chevy Chase, 20815

Pilgrim Hills Local Park-1615 E Randolph RD, Colesville, 20904

Pinecrest Local Park-301 St. Lawrence DR, Silver Spring, 20901

Quince Orchard Valley Neighborhood Park-12015 Suffolk TER, Gaithersburg, 20878

Tilden Woods Local Park-6800 Tilden LN, Potomac, 20852

Veirs Mill Local Park-4425 Garrett Park RD, Wheaton, 20906

Wheaton-Claridge Local Park-11901 Claridge RD, Wheaton, 20902

POOLS (P, AqC, SwC)

Germantown Indoor Swim Center-18000 Central Park Circle, Boyds

Martin Luther King Swim Center-1201 Jackson Road, Silver Spring

Montgomery Aquatic Center-5900 Executive Boulevard, N. Bethesda

Olney Swim Center-16601 Georgia Avenue, Olney

Wheaton/Glenmont Pool-12621 Dalewood Drive, Wheaton

COMMUNITY CENTERS (CC)

Bauer Drive Community Center-14625 Bauer Drive, Rockville

Clara Barton Community Center-7425 MacArthur Boulevard, Cabin John

Damascus Com. Recreation Center-25520 Oak Drive, Damascus

East County Community Center-3310 Gateshead Manor Way, Silver Spring

Germantown Community Center-18905 Kingsview Drive, Germantown

Gwendolyn Coffield Community Center-2450 Lyttonsville Road, Silver Spring

Leland Community Center-4301 Willow Lane, Chevy Chase

Long Branch Community Center-8700 Piney Branch Road, Silver Spring

Longwood Community Center-19300 Georgia Avenue, Brookeville

Marilyn J. Praisner (Fairland) Community Center-14906 Old Columbia Pike, Burtonsville

MCRD Offices-4010 Randolph Road, Silver Spring

Olney Manor Skate Park-16601 Georgia Avenue, Olney

Potomac Community Center-11315 Falls Road, Potomac

Ross Boddy Community Center-18529 Brooke Road, Sandy Spring

Upper County Community Center-8201 Emory Grove Road, Gaithersburg

Wheaton Community Center-11711 Georgia Avenue, Wheaton

SENIOR CENTERS (SrC)

Damascus Senior Center-9701 Main Street, Damascus

Holiday Park Senior Center-3950 Ferrara Drive, Wheaton

Schweinhaut Senior Center-1000 Forest Glen Road, Silver Spring

LIBRARIES

Bethesda Regional Library-7400 Arlington RD, Bethesda, 20814

Wheaton Regional Library-11701 Georgia Avenue, Wheaton

OTHER FACILITIES

ACT-, Rockville, 20850

Camp Olympia-5511 Muncaster Mill RD, Rockville, 20855

Chef Bryan's Kitchen-251 Market ST W, Gaithersburg, 20878

Council Office Building-100 Maryland AVE, Rockville, 20850

Create Arts Center-816 Thayer AVE, Silver Spring, 20910

Funfit, Inc.-17511 Redland RD, Derwood, 20855

Golden School of Music-8004 A Norfolk AVE, Bethesda, 20814

Inwood House-10921 Inwood AVE, Silver Spring, 20902

Jazzercise-, Rockville, 20850

Kritt Studio-14817 Brownstone DR, Burtonsville, 20866

Philbin's Athletic Training Center-9168 Gaither RD, Gaithersburg, 20877

Sergeant's Program-, Rockville, 20850

Studio 310-9743 Traville Gateway DR, Rockville, 20850



A smiling Montgomery Parks employee salts sidewalks in the snow.

MONTGOMERY PARKS • WINTER '08 PROGRAMS

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(Fill out the green section to register for Parks classes)

Registration begins
November 15
for most classes



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIRMAN

Winter 2008



Dear Friend of Montgomery Parks,

In today's difficult economic climate, it's nice to know that there are hundreds of free or low-cost, fun, educational things to do and see in Montgomery Parks. They're *your* parks—all 407 of them—and this winter, we encourage you to get out and enjoy them.

Here's just a handful of the many free things you can do in the Parks this winter:

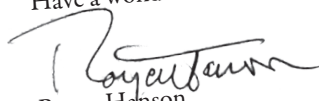
- * Enjoy an old-fashioned "Christmas on the Farm" at the Agricultural History Farm Park in Derwood (visit AgHistoryFarm.org or see page 133)
- * Join us for one of many free naturalist-led hikes through trails, parks and historic sites in the area; check this Guide or visit ParkPASS.org for dates and times.
- * Explore a beautiful trail on foot, bicycle or even on horseback; visit MontgomeryTrails.org for maps and more information.
- * Enjoy the spectacular Holiday Ice Shows at our two ice rinks (December 5 at Cabin John Ice, December 13 at Wheaton Ice Arena).
- * Join us for a "Love Fest" to celebrate the re-opening of the Wheaton Indoor Tennis on February 8. All you patient tennis players deserve a party! Group tennis lessons will begin at the new facility in early December, and seasonal tennis time will begin in January.

There are also some wonderful things to do in the Parks that don't cost an arm and a leg:

- * Visit the breathtaking "Garden of Lights" display at Brookside Gardens (Nov. 28-Jan.4)
- * Go ice skating at Cabin John or Wheaton ice rink (check out the "Cheapskates" and special events—visit CabinJohnIce.com or WheatonIceArena.com for details).
- * Take a class at one of the four Nature Centers to study the stars, see how maple syrup is made, make nature crafts, go bird watching, and much more. Many of these excellent, family-friendly classes are free, or very inexpensive (\$2-\$7).
- * On some MCPS days off (e.g. teacher training days, etc.), our new "Park Play Days" are on! Your child gets a full day of fun, including tennis lessons, ice skating lessons, arts and crafts, team games and sports, all for \$35. Check ParkPASS.org for dates and more information.

Remember, we want to hear from you. If you've visited a Park facility recently, go to MontgomeryParks.org and click on the "How Are We Doing?" button at the right side of the page to take an online survey. If you have a question or concern about Parks, click on "Contact Us" in the left menu on the home page, and let us know what you're thinking.

Have a wonderful winter, and see you in the Parks!


Royce Hanson
Chairman

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper

Valentine's Day *Bridal Expo*

Everything you'll need to plan your wedding is here! Chat with local caterers, photographers, musicians, florists, and more. While you're here, check out beautiful Rockwood Manor—it's the perfect place for your wedding!



- FASHION SHOW
- TASTINGS & SAMPLES
- MUSIC & PRIZES
- NEW IDEAS & EXPERT ADVICE

Saturday, February 14, 11am-4pm

ADMISSION: \$5

ROCKWOOD MANOR

11001 MACARTHUR BLVD. POTOMAC, MD 20854

301-299-5026

Father-Daughter *Dance*

Dad, here's a ready-made opportunity for a special evening out with your little princess. Dance the night away with your daughter at the lovely Lodge at Little Seneca Creek in Boyds, Maryland. We'll provide swingin' music and light refreshments. Get your buddies and their daughters and come together—it's a great Valentine's Day gift for your girls (7-14 years old). Register online at ParkPASS.org.



Saturday, February 7, 7-9:30pm

PARKPASS #62349

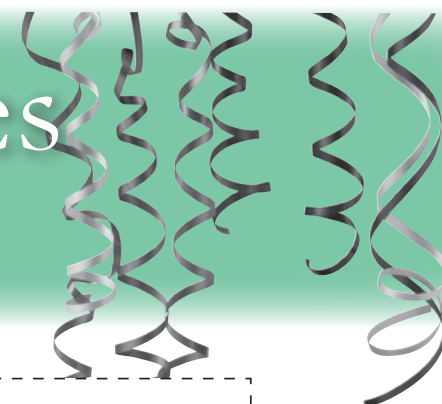
ADMISSION: \$25 PER FATHER-DAUGHTER COUPLE

SENECA LODGE 14500-A CLOPPER RD, BOYDS, MD 20841

301-299-5026

Lose your winter blues

Special Events & Workshops at
Montgomery Parks Event Centers



If you're searching for the perfect place for your wedding, workshop, business meeting, birthday party, anniversary or retirement celebration, "We Have the Where" in Montgomery Parks!

Brookside Gardens, Rockwood Manor, Seneca Lodge and Woodlawn Manor each offer:

- UNIQUE, BEAUTIFUL, SERENE PARK SETTINGS
- REASONABLE RATES AND FLEXIBLE ARRANGEMENTS
- EXEMPLARY, PERSONALIZED SERVICE
- INDOOR/OUTDOOR ACCOMMODATIONS FOR 4-300

Visit WeHaveTheWhere.com for virtual tours, rates and more information.

Digital Scrapbooking WORKSHOP

Do you have hundreds of digital photos just sitting in your camera or computer? Come learn how to organize, categorize and personalize your digital images, then use them to create beautiful digital scrapbooks. Once they're created, you can print individual pages, complete with photos and text, at home or online via the Creative Memories Photo Center. Or you can order a professionally bound story book from Creative Memories, delivered right to your door. All this without developing one photo!

Visit MyCMSite.com/sites/JenniferHodges for detailed descriptions of available software packages (Memory Manager and StoryBook Creator Plus) and ordering information. Please purchase and install your software before the workshop, and bring your laptop. Register online at ParkPASS.org; choose from morning or afternoon sessions.

Saturday, January 17

PARKPASS #64102 9:30AM-12:30PM

PARKPASS #64103 1:30-4:30PM

ADMISSION: \$15

ROCKWOOD MANOR

11001 MACARTHUR BLVD.

POTOMAC, MD 20854 | 301-299-5026

WE HAVE THE WHERE
FOR YOUR SPECIAL EVENT

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

MONTGOMERY PARKS Directory

BOATING & FISHING

Rental facilities closed for the season. Private boats allowed on lakes through December 15; lakes closed to boating December 16 - February.

Black Hill Boats

Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends / 301-972-9396 M-F
BlackHillBoats.com

Lake Needwood Boats

Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 info
301-948-5053 Park Manager
LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground

Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-972-9222 info
LittleBennettCampground.com

Weekend-only camping available through November. Closed December - February.

CAROUSEL

Wheaton Carousel

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 / 301-680-5376, ext. 103 party room rentals
WheatonTrainandCarousel.com
Closed for the season.

CULTURAL ATTRACTIONS

For information on cultural/historic attractions in Montgomery County Parks, visit ParkHistoricSites.org.

Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855
301-670-4661 / AgHistoryFarm.org
Open for special events only. See website for details.

Woodlawn Manor House

16501 Norwood Rd., Sandy Spring, MD 20860
301-570-5722 / HistoricWoodlawnManor.org
Open weekdays by reservation 10am-1pm for "Hands-on History" field trips; afternoon teas and tours by reservation.

DOG PARKS

Black Hill Regional Park Dog Park

20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, southeast of boat rental facility on Lake Ridge Drive.

Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902
East of the outdoor skating rink. Use Orebaugh Avenue entrance.

EVENT CENTERS

If you're looking for the perfect spot for a wedding or workshop, business meeting or birthday party, anniversary or retirement celebration, "We have the where"! Get complete information and virtual tours of each center at WeHaveTheWhere.com.

Brookside Gardens

Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 info
Email: Event.Manager@MontgomeryParks.org

Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841
301-299-5026 info
Email: MCP-Rockwood@MontgomeryParks.org

Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 info
Email: MCP-Rockwood@MontgomeryParks.org

Woodlawn Manor Park

16501 Norwood Road, Sandy Spring, MD 20860
301-299-5026 info
Email: MCP-Rockwood@MontgomeryParks.org

GARDENS

Brookside Gardens **ParkPASS**

Wheaton Regional Park
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 / 301-962-1404 event rentals
BrooksideGardens.org

McCrillis Gardens **ParkPASS***

6910 Greentree Road, Bethesda, MD 20817
301-962-1455 / McCrillisGardens.org

*For botanical illustration classes only.

HIKING See "Trails"

HORSEBACK RIDING & STABLES

Equestrian facilities are managed by private operators through a partnership with M-NCPPC Montgomery Parks.

Callithea Farm Park

15000 River Rd., Potomac, MD 20854 / 301-977-7682

Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 / MeadowbrookStables.com

Potomac Horse Center

14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 / PotomacHorse.com

Rickman Farm Horse Park

17320 Moore Rd., Boyds, MD 20841
301-349-0075 / GreatandSmallDC.org

Wheaton Regional Park Stables

1101 Glenallen Ave., Wheaton, MD 20902
301-622-3311 / WheatonParkStables.com

Woodstock Equestrian Park

20100 Darnestown Rd., Beallsville, MD 20839
301-444-3121 / EquestrianPark.org

ICE SKATING

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-365-2246 / CabinJohnIce.com
Indoor facility open year-round. Party packages and leased ice time available.

Wheaton Ice Arena **ParkPASS**

11717 Orebaugh Avenue, Wheaton, MD 20901
301-619-2250 recorded info / 301-649-3640
WheatonIceArena.com
Indoor facility open year-round. Party packages and leased ice time available.

Wheaton Outdoor Rink

Covered outdoor rink adjacent to indoor Arena. Ice surface mid-October-February, in-line surface April-September. Party rentals and leased ice time available.

IN-LINE SKATING

Available at Wheaton Outdoor Rink April-September.
See "ICE SKATING" for facility info.

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-601-3580
301-601-4410 group rates & party info
SplashandGolf.com
Closed for the season.

NATURE CENTERS

Black Hill Visitor Center **ParkPASS***

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-916-0220
BlackHillNature.org *Limited hours

Brookside Nature Center **ParkPASS**

Wheaton Regional Park
1400 Glenallen Avenue, Wheaton, MD 20902
301-946-9071
BrooksideNature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-299-1990
LocustGroveNature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-924-4141
MeadowsideNature.org

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-601-3580 info
301-601-4410 group rates & party package info
SplashandGolf.com
Closed for the season.

TENNIS (Indoor)

Cabin John Indoor Tennis **ParkPASS**

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-469-7300
CabinJohnTennis.com

Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-649-4049
WheatonTennis.com
Open for group lessons and spot time in December; seasonal court time begins early January. See web for details.

TENNIS (Outdoor)

For a complete list of outdoor tennis courts, visit MontgomeryParks.org.
Outdoor group tennis lessons will resume in spring; visit ParkPASS.org for info.

TRAILS

For information about the 200 miles of trails in Montgomery County, visit MontgomeryTrails.org.

TRAINS (Miniature)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-469-7835 train schedule & party info
CabinJohnTrain.com
Closed for the season.

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 info
301-680-5376, ext. 103 party room rentals
WheatonTrainandCarousel.com
Closed for the season.

CONTACT MONTGOMERY PARKS

- General Information:
301-495-2595
MontgomeryParks.org
- To reserve a ballfield, picnic shelter, etc.:
ParkPermits.org
- To report maintenance issues or problems in a Park:
301-670-8080
- Park Police Emergency:
301-949-3010
Non-Emergency:
301-949-8010
- For info on a Parks class or program:
301-495-2580
ParkPASS.org
MCP-ParkPassHelp@
MontgomeryParks.org
- To volunteer in the Parks:
ParksVolunteers.org
- For questions about specific parks:
MontgomeryParks.org
Click on "Contact Us"

ParkPASS

Go to any "ParkPASS" designated facility to register for classes or programs held at that facility, or any other facility that uses the ParkPASS system. You can also open a ParkPASS account at these locations. ParkPASS facility hours vary; please call for hours before stopping by.



Come Play ⁱⁿ the Parks!

Montgomery Parks Winter 2008



SPECIAL EVENTS

Date	Special Event	Time	Location	Cost	For More Information
December 5	Holiday Ice Spectacular	6:30-9:30p	Cabin John Ice Rink	Free	301-365-2246/CabinJohnIce.com
Dec. 6, Jan. 24 & Feb. 21	Parents' Date Night <i>Fun for the kids, fun for you!</i>	6:30-9:30p	Wheaton Ice Arena <i>see p.115</i>	\$25 first child \$15 addtl child	301-649-3640/WheatonIceArena.com
December 5	Wild Montgomery Hike <i>Bog Iron Field Trip</i>	11a-1p	Little Bennett Regional Park <i>see p.118/#63799</i>	Free*	301-916-0220/BlackHillNature.org
December 7	Winter Bird Walk: Owl Prowl	5-7p	Black Hill Visitor Center <i>see p.121/#63251</i>	Free*	301-916-0220/BlackHillNature.org
Thru Dec. 13	Saturday Storytime & Craft	10a	Brookside Gardens <i>see p.101</i>	Free*	301-962-1400/BrooksideGardens.org
December 13	Winter Ice Show	5:15-6:45p	Wheaton Ice Arena	Free	301-649-3640/WheatonIceArena.com
Dec. 13 & 14	Christmas on the Farm <i>Live music, hayrides & more</i>	Noon-5p	Agricultural History Farm Park <i>see p.133</i>	Free	301-948-0052/AgHistoryFarm.org
December 20	Family Solstice Hike	11a-12:30p	Locust Grove Nature Center <i>see p.129/#60850</i>	\$2*	301-299-1990/LocustGroveNature.org
Dec. 22, 23, 29 & 30; Jan. 26	Park Play Days <i>No school? No problem!</i>	9a-5p	Wheaton Ice Arena <i>see p.112</i>	\$35*	301-649-3640/WheatonIceArena.com
Dec. 29 & 30; Jan. 26	Park Play Days	9a-3p 9a-5p	Cabin John Ice Rink <i>see p.102</i>	\$27* \$35*	301-365-2246/CabinJohnIce.com
December 31	New Year's Eve Celebration at "Garden of Lights"	5:30-10p	Brookside Gardens <i>see p.100</i>	\$15/car or van	301-962-1453/BrooksideGardens.org



January 2	Winter Morning Hike	9:30-11:30a	Blue Mash Nature Trail <i>see p.132/#63019</i>	Free*	301-924-4141/ MeadowsideNature.org
January 17	National Skating Month Celebration	3:15-3:45p	Cabin John Ice Rink <i>see p.102 for more info</i>	Free lessons	301-365-2246/CabinJohnIce.com
January 17	National Skating Month Celebration	1:45-2:45p	Wheaton Ice Arena <i>see p.112 for more info</i>	Free lessons	301-649-3640/WheatonIceArena.com
January 17	Digital Scrapbooking	9:30a-12:30p or 1:30-4:30p <i>see p.95</i>	Rockwood Manor	\$15*	301-299-5026/WeHavetheWhere.com
January 26	Friendship Skate	4:30-6p 3:30-5:30p	Cabin John Ice Rink Wheaton Ice Arena	\$6.25 for two!	301-365-2246/CabinJohnIce.com 301-649-3640/WheatonIceArena.com
February 7	Father-Daughter Dance	7-9:30p	Seneca Lodge <i>see p.95</i>	\$25/couple*	301-299-5026/WeHavetheWhere.com
February 8	Wheaton Indoor Tennis "Love Fest"	2-5p	Wheaton Indoor Tennis <i>see p.136</i>	Free	301-649-4049/WheatonTennis.com
February 12	Sweetheart Skate	4-6p	Cabin John Ice Rink	\$6.25 for two!	301-365-2246/CabinJohnIce.com
February 13	Sweetheart Skate	8-10p	Wheaton Ice Arena	\$6.25 for two!	301-649-3640/WheatonIceArena.com
February 14	Bridal Expo	11a-4p	Rockwood Manor <i>see p.95</i>	\$5	301-299-5026/WeHavetheWhere.com
Feb. 21 & 22	Maple Sugar Festival	Noon-3p	Brookside Nature Center <i>see p.125</i>	Free*	301-946-9071/BrooksideNature.org
February 27	Green Matters Symposium <i>"Water-Wise Landscapes"</i>	8:30a-4p	Brookside Gardens <i>see p.100/#64759</i>	\$79 by 1/16* \$89 after 1/16	301-962-1400/ParkPASS.org

DISPLAYS, SHOWS AND EXHIBITS

Date	Facility	Time	Location	Cost	For More Information
Thru Nov. 23	Chrysanthemum Display	10a-5p	Brookside Conservatory	Free	301-962-1400/ BrooksideGardens.org
Nov. 28-Jan.4 <i>except 12/24-25</i>	"Garden of Lights" <i>Winter Garden Walk</i>	5:30-9p	Brookside Gardens	\$15 per car/van M-Th \$20 per car/van Fri.-Sun	301-962-1453/ BrooksideGardens.org
Dec. 6-Jan. 4	Garden Railway Train Display	10a-5p	Brookside Conservatory	Free	301-962-1400/ BrooksideGardens.org

*Reservations required; register online at ParkPASS.org

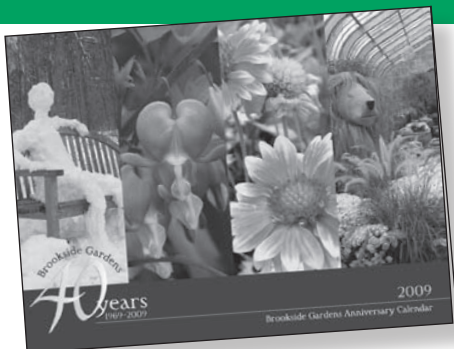
MontgomeryParks.org

Brookside GARDENS

In addition to our new logo, look for exciting events throughout the year as we celebrate **40 years** of being your favorite public garden. Share your favorite memories....details to come.

BrooksideGardens.org

1800 Glenallan Avenue Wheaton, MD 20902 • 301-962-1400



Brookside Gardens 2009 40th Anniversary Calendar is now on sale in the Marylandica Gift Shops for \$13.95, or you may order by mail, phone or email. Check website for details.

- Includes seasonal and historical photographs taken by visitors who won the photo contest, and by staff
- The 40-year history of the Gardens
- Monthly gardening & 'green' tips
- The perfect holiday gift for family, friends or anyone else who loves and supports Brookside Gardens

GREEN MATTERS Symposium: Water-Wise Landscapes

Friday, February 27, 2009 | 8:30am-4pm

The terms "drought" and "stormwater management" have become commonplace in our vocabulary when referring to landscapes. The threat of drought looms larger with each growing season, and the days of using drinkable water in the landscape are probably numbered, as witnessed by other states and municipalities. With this in mind, as gardeners and environmentalists, we need to be strategic with our planting designs and stingy with our water use. Come to Green Matters to learn how to create a water-wise landscape of your own.

Topics include:

- What's on Tap? The future of landscape water use and regulation
- Efficient Utilization of Harvested Water Resources
- No-nonsense Natives: Gardening for drought and heat
- Rain Gardens – Gardens as tools for on-site storm water management

\$79 (EARLY REGISTRATION BY JAN 16) \$89 (AFTER JAN 16)

Sign up online for Course #64759 at ParkPASS.org



CONSERVATORY *Spring* DISPLAY Garden Elements

Snapdragons, Cymbidium orchids, stock, florist geraniums, and petunias, create scenes of welcome color and delightful fragrance to welcome the arrival of spring. Cast cement leaf garden ornaments and hypertufa trough containers created by the gardening staff will accent the flowers and plants.

SATURDAY, JAN 17 - SUNDAY, APRIL 12; 10AM-5PM DAILY; FREE

Garden of Lights



photo by Judith MacArthur

Nov. 28, 2008 - Jan. 4, 2009

Now open every night (except Dec 24 & 25).

5:30 to 9pm, with the last car admitted at 8:30pm

A walk-thru light display that features 700,000 colorful lights shaped like flowers, a rainbow, snowflakes, animals, fountains, a kaleidoscope caterpillar, "Nessie" our Loch Ness Monster, and so much more. Celebrate **New Year's Eve – "First Family Friendly Night"** – with crafts and give-a-ways available for the kids while supplies last. Open until 10pm with the last car admitted at 9:30pm.

ADMISSION: \$15 CARS/VANS (Mon. – Thur.) \$20 CAR/VANS (Fri. – Sun.) CASH ONLY, 301-962-1453. Advanced Sale tickets \$15 – good any night. The Conservatory Winter Display with Train Exhibit is open from Dec. 6 through Jan. 4.

Philadelphia Flower Show Bella Italia!

Trips March 3 or 5

See p.117 or website for details.

Brookside Gardens

Adult Programs

Classic Wreath

Anne Brooks, Hollywalk Nursery, will help you create a unique holiday wreath using fragrant, freshly cut greens. Add natural decorations and a bow to create a beautiful doorway. Fee covers all materials.

64499 18 & up 1 Class \$45 12/6 Sa 1:30pm-3:30pm

Holiday Centerpiece

Join Joan O'Rourke, Friends of Brookside Gardens, to make a long-lasting, festive centerpiece using fresh greens and seasonal decorations surrounding a candle. Fee covers materials for two centerpieces.

56102 18 & up 1 Class \$32 12/9 Tu 9:30am-11:30am

56103 18 & up 1 Class \$32 12/10 W 9:30am-11:30am

Mixed Greens Wreath

Use a variety of freshly cut, fragrant greens to decorate your door. Stephanie Oberle of Brookside Gardens will teach you to make a lush wreath that will last through the holidays. Fee covers all materials.

57050 18 & up 1 Class \$45 12/12 F 10:00am-12:00pm

57051 18 & up 1 Class \$45 12/13 Sa 10:00am-12:00pm

Creative Gift Wrapping

Join Karen Nelson Kent, AIFD, for a fun, inspiring class on how to use holiday greens and other seasonal materials to create unique packages for the holidays.

59587 18 & up 1 Class \$45 12/16 Tu 10:00am-12:00pm

Holiday Topiary

Join Jane Petit of Mother Nature Throws a Party to make an elegant topiary featuring roses and carnations, filled in with greens, baby's breath, and tiny clementines – all in a fabric-wrapped pot topped with a festive bow. Fee covers all materials.

56105 18 & up 1 Class \$50 12/18 Th 1:00pm-3:00pm

Yoga in the Garden

Join yoga instructor Liz Chabra in the practice of Para Yoga. Open to Level 1 and 2 yoga fans, the class will incorporate asana (exercise poses), pranayama (breathing techniques), and meditation. Please bring yoga mat, block, strap, and blanket.

56400 18 & up 13 Classes \$163 1/5 M 6:15pm-7:30pm

Gentle Yoga

Join yoga instructor Liz Chabra for gentle yoga. Especially for seniors and less flexible beginners, these gentle stretching yoga exercises will inspire and support increased vitality, strength, and flexibility. Please bring yoga mat, block, strap, and blanket.

56402 18 & up 11 Classes \$165 1/8 Th 10:00am-11:15am

Intro to Yoga Mini-Series

Join yoga instructor Liz Chabra for a special five-week course designed for the complete yoga novice. This class is ideal for new students or ongoing students who like a slower, more gradual approach to yoga.

57967 18 & up 5 Classes \$65 1/8 Th 6:15pm-7:30pm

Orchids in Floral Design

Join Karen Nelson Kent, AIFD, to learn how to use beautiful cut orchids in a variety of floral designs.

59589 18 & up 1 Class \$48 1/13 Tu 10:00am-12:00pm

It's in the Bean

The Cook sisters (garden and food writer Adrienne Cook, and caterer Danielle Navidi) will discuss the foundations of winter bean soups, then whip up delicious legume soups to order. Samples available.

64549 18 & up 1 Class \$25 1/14 W 2:30pm-4:00pm

The Flexitarian Approach

The philosophy behind flexitarian eating is simple—substitute ingredients to achieve the goal (accommodating allergies, boosting immunity, or simply better eating). The Cook sisters (garden and food writer Adrienne Cook, and caterer Danielle Navidi) will show you how. Samples available.

56353 18 & up 1 Class \$25 2/4 W 12:00pm-1:30pm

Composting Demonstration

The Montgomery County Division of Solid Waste Services will discuss what types of materials to compost, how to set up a compost bin, and the science behind composting. Free compost bins available for Montgomery County residents.

56700 18 & up 1 Class \$5 2/10 Tu 10:00am-11:00am

Children's Programs

Brookside Storytimes

Participate and listen to nature and seasonal stories that encourage a child's imagination and creativity. Different story will be read each week, followed by a hands-on craft. Saturdays, October 4-December 13.

59095 All Ages 10 Classes FREE 10/4 Sa 10:00am-10:30am

Flower Buds

Gardening activities, stories, crafts, and garden walks for children (ages 3 - 5 preferred) with a parent.

Please register and pay only for the child.

59131 3-6yrs 1 Classes \$3 12/8 M 10:30am-11:30am

59129 3-6yrs 1 Classes \$3 1/12 M 10:30am-11:30am

59098 3-6yrs 1 Classes \$3 2/9 M 10:30am-11:30am

Boxwood Holiday Tree

Arrange a miniature holiday tree using boxwood clippings, then decorate with festive ornaments. Best for ages 7-10.

58951 7-12yrs 1 Class \$20 12/11 Th 4:30pm-6:00pm

Hanging Hearts

Enjoy a wonderful valentine's story, create a Valentine's Day card for someone special, plus make a lovely herbal gift. Use lavender, mint, and roses to make a "Hanging Hearts" scented ornament.

58952 6-8yrs 1 Class \$12 2/12 Th 4:30pm-6:00pm



Cabin John
Ice Rink

WINTER 2008



Swizzle on over to Cabin John for Winter

Group Skating Lessons

- Ice skating
(all levels, from beginner to advanced)
- Ice dance and freestyle
- Ice hockey
- Parent-child classes

Private instruction also available;
see our website for details.

Register online at ParkPASS.org

REGISTER DEC. 22-JAN. 5 FOR JAN. CLASSES

REGISTER FEB. 20-24 FOR FEB./MARCH CLASSES

Special Events!

Keep Your Neighbors Warm Skate

Friday, November 14

12:30-2:30, 4:30-6 & 8-10pm

Bring your new or gently used winter clothing (coats, hats, scarves, etc.), and skate for \$3.50 (includes admission and skate rental). Please donate one article of clothing per skater.

Holiday Skating Spectacular

Friday, December 5

6:30-9:30pm

Watch local skating stars in our annual show. Free!
Please bring non-perishable food items for people in need.

National Skating Month Celebration

Saturday, January 17

Free Skating Lessons 3:15-3:45pm

Cheapskate Public Session 4-6pm

We're celebrating with a free group skating lesson with Cabin John's professional coaches, and 2 hours of skating for just \$6.25 afterwards (includes admission and skates).

Friendship Skate

Monday, January 26

4:30-6pm

Bring a buddy and skate two for one—just \$6.25 covers admission and skate rentals for you both!

Sweetheart Skate

Thursday, February 12

4-6pm

Start your Valentine's Day celebration early—bring your sweetie and skate for just \$6.25 (includes admission and skate rentals for two).

No School? Parkplayday No Problem!

Montgomery County Public Schools are off today, and you have to work. Or maybe you already have plans, need the day to yourself, or just want to give your kids a treat. Park Play Days are here for you! On many of the days MCPS are off, Park Play Days are on at Cabin John Ice Rink or Wheaton Ice Arena. Bring your 6-13 year-old children for a day full of fun, including...

- Tennis Lesson
- Ice Skating Lesson
- Arts & Crafts
- Team Games & Sports

Tennis and ice skating lessons are given by professional instructors; activities may vary depending on group size and interests.



Cabin John Park Play Days December 29 & 30, January 26

Cost: \$35 (9am-5pm)

\$27 (9am-3pm)

Registration required; see page 114 for a complete list of dates and ParkPASS course numbers.

10610 Westlake Drive • Rockville, MD 20852 • 301-365-2246 • CabinJohnIce.com

Cabin John
Ice Rink

Montgomery
Parks
M-N-C-P-P-C
It's all right here!

Ice Skating

Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-365-2246
CabinJohnIce.com

Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-649-2250 (recording) or 301-649-3640
WheatonIceArena.com

REGISTRATION & CLASS INFORMATION

REGISTRATION DATES:

- Registration dates for **January** classes at both rinks: **December 22 - January 5**; classes begin **January 9**.
Registration dates for **February** classes at both rinks: **February 20 - February 24**; classes begin **February 28**
- No registrations processed before these dates.
- After **January 5** (for January classes), and after **February 24** (for February classes), registrations must be processed in person at the rink offering your class.
A \$5 fee will be charged for each late registration.
- Transfer requests will incur a \$5 processing fee.

Please read course descriptions carefully, and select courses that best match students' ability and experience.

Please note:

There are no make-ups or refunds for missed lessons.

No classes will be held April 4 - 13

FOUR WAYS TO REGISTER:

- Online at ParkPASS.org
- Call the ParkPASS automated phone system at **301-670-6858** (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations will be taken at the rinks).
- Mail registration form and payment to the rinks.

COURSE FEES COVER:

- Six 30-minutes lessons, or six 45-minute lessons, depending on the class.
- A practice card good for admission to six or nine practice sessions (depending on the class) during public skating sessions. Practice cards are valid during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.
- Use of rental skates for lessons and practices.

Ice Skating

Tot

The Tot curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snowplow stop.

Tot 1

Learn the proper way to fall down and stand up, marching, and marching while moving. Proper skate fitting will also be covered. Bicycle helmets strongly recommended for beginners.

Cabin John Ice Rink

60913	3-4yrs	6 Classes	\$96	1/9	F	3:00pm- 3:30pm
60920	3-4yrs	6 Classes	\$96	1/9	F	1:00pm- 1:30pm
60914	3-4yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
60915	3-4yrs	6 Classes	\$96	1/10	Sa	12:45pm- 1:15pm
60916	3-4yrs	6 Classes	\$96	1/10	Sa	3:00pm- 3:30pm
60917	3-4yrs	6 Classes	\$96	1/11	Su	11:30am-12:00pm
60918	3-4yrs	6 Classes	\$96	1/11	Su	3:15pm- 3:45pm
60907	3-4yrs	6 Classes	\$96	1/12	M	2:30pm- 3:00pm
60908	3-4yrs	6 Classes	\$96	1/13	Tu	10:00am-10:30am
60909	3-4yrs	6 Classes	\$96	1/14	W	10:30am-11:00am
60919	3-4yrs	6 Classes	\$96	1/14	W	5:00pm- 5:30pm
60921	3-4yrs	6 Classes	\$96	1/14	W	12:30pm- 1:00pm
60910	3-4yrs	6 Classes	\$96	1/15	Th	9:30am-10:00am
60911	3-4yrs	6 Classes	\$96	1/15	Th	1:00pm- 1:30pm
60912	3-4yrs	6 Classes	\$96	1/15	Th	4:00pm- 4:30pm

61188	3-4yrs	6 Classes	\$96	2/28	Sa	10:30am-11:00am
61189	3-4yrs	6 Classes	\$96	2/28	Sa	12:15pm-12:45pm
61190	3-4yrs	6 Classes	\$96	2/28	Sa	1:45pm-2:15pm
61191	3-4yrs	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm
61187	3-4yrs	6 Classes	\$96	3/2	M	2:00pm- 2:30pm
61193	3-4yrs	6 Classes	\$96	3/2	M	4:30pm- 5:00pm
61184	3-4yrs	6 Classes	\$96	3/3	Tu	4:00pm- 4:30pm
61192	3-4yrs	6 Classes	\$96	3/3	Tu	9:30am-10:00am
61185	3-4yrs	6 Classes	\$96	3/4	W	11:00am-11:30am
61186	3-4yrs	6 Classes	\$96	3/5	Th	10:30am-11:00am
61194	3-4yrs	6 Classes	\$96	3/5	Th	2:00pm- 2:30pm
61195	3-4yrs	6 Classes	\$96	3/6	F	1:00pm- 1:30pm
61196	3-4yrs	6 Classes	\$96	3/6	F	3:00pm- 3:30pm

Wheaton Ice Arena

61903	3-4yrs	6 Classes	\$96	1/9	F	4:15pm-4:45pm
61904	3-4yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
61905	3-4yrs	6 Classes	\$96	1/10	Sa	10:45am-11:15am
61906	3-4yrs	6 Classes	\$96	1/10	Sa	4:15pm- 4:45pm
61907	3-4yrs	6 Classes	\$96	1/11	Su	11:45am-12:15pm
61908	3-4yrs	6 Classes	\$96	1/11	Su	2:30pm-3:00pm
61900	3-4yrs	6 Classes	\$96	1/12	M	4:00pm- 4:30pm
61901	3-4yrs	6 Classes	\$96	1/14	W	5:15pm-5:45pm
61902	3-4yrs	6 Classes	\$96	1/15	Th	5:00pm- 5:30pm
61920	3-4yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
61921	3-4yrs	6 Classes	\$96	2/28	Sa	10:45am-11:15am
61922	3-4yrs	6 Classes	\$96	2/28	Sa	4:15pm-4:45pm
61923	3-4yrs	6 Classes	\$96	3/1	Su	11:45am-12:15pm

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks
- Wear a hat and gloves for protection
- Helmets are highly recommended for beginning skaters.
- Arrive at the rink 15-20 minutes early.
- Pick up your practice card at the front desk.
- Go to the skate exchange and pick up your skates. Try 1/2 or one size *smaller* than your regular shoe size.

Parent and Tot Ice Skating

This class will introduce beginning skating skills to toddlers ages 3-5. Parents must have basic skating skills and be willing to participate in on-ice activities with their child. Skills taught include falling down and getting up, marching and marching while moving. Proper skate fitting will also be covered. This class is recommended for children who would like the extra support of Mom or Dad. Bicycle helmet highly recommended for beginners. Please register child only. Fee covers one child and one parent.



Cabin John Ice Rink

60951	3-5yrs	6 Classes	\$96	1/10	Sa	9:00am-9:30am
60952	3-5yrs	6 Classes	\$96	1/10	Sa	11:00am-11:30am
60954	3-5yrs	6 Classes	\$96	1/10	Sa	10:00am-10:30am
60953	3-5yrs	6 Classes	\$96	1/11	Su	11:30am-12:00pm
60949	3-5yrs	6 Classes	\$96	1/13	Tu	10:30am-11:00am
60955	3-5yrs	6 Classes	\$96	1/14	W	10:00am-10:30am
60950	3-5yrs	6 Classes	\$96	1/15	Th	11:00am-11:30am
61228	3-5yrs	6 Classes	\$96	2/28	Sa	9:00am-9:30am
61229	3-5yrs	6 Classes	\$96	2/28	Sa	10:00am-10:30am
61230	3-5yrs	6 Classes	\$96	2/28	Sa	11:00am-11:30am
61231	3-5yrs	6 Classes	\$96	3/1	Su	11:30am-12:00pm
61226	3-5yrs	6 Classes	\$96	3/3	Tu	10:30am-11:00am
61232	3-5yrs	6 Classes	\$96	3/4	W	11:30am-12:00pm
61227	3-5yrs	6 Classes	\$96	3/5	Th	11:00am-11:30am

Wheaton Ice Arena

61963	3-5yrs	6 Classes	\$96	1/9	F	5:30pm-6:00pm
61964	3-5yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
61965	3-5yrs	6 Classes	\$96	1/10	Sa	11:30am-12:00pm
61966	3-5yrs	6 Classes	\$96	1/11	Su	11:15am-11:45am
61961	3-5yrs	6 Classes	\$96	1/13	Tu	1:45pm-2:15pm
61962	3-5yrs	6 Classes	\$96	1/15	Th	5:30pm-6:00pm
61970	3-5yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
61971	3-5yrs	6 Classes	\$96	2/28	Sa	11:30am-12:00pm
61972	3-5yrs	6 Classes	\$96	3/1	Su	11:15am-11:45am
61967	3-5yrs	6 Classes	\$96	3/3	Tu	1:45pm-2:15pm
61968	3-5yrs	6 Classes	\$96	3/5	Th	5:30pm-6:00pm
61969	3-5yrs	6 Classes	\$96	3/6	F	5:30pm-6:00pm

Tot 1 Wheaton (cont.)

61924	3-4yrs	6 Classes	\$96	3/1	Su	2:30pm-3:00pm
61916	3-4yrs	6 Classes	\$96	3/2	M	4:00pm-4:30pm
61917	3-4yrs	6 Classes	\$96	3/4	W	5:15pm-5:45pm
61918	3-4yrs	6 Classes	\$96	3/5	Th	5:00pm-5:30pm
61919	3-4yrs	6 Classes	\$96	3/6	F	4:15pm-4:45pm

Tot 2

Prerequisite: Tot 1. Learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide. Bicycle helmets strongly recommended for beginners.

Cabin John Ice Rink

60936	3-4yrs	6 Classes	\$96	1/9	F	1:30pm-2:00pm
60937	3-4yrs	6 Classes	\$96	1/9	F	3:00pm-3:30pm
60931	3-4yrs	6 Classes	\$96	1/10	Sa	9:00am-9:30am
60932	3-4yrs	6 Classes	\$96	1/10	Sa	10:00am-10:30am
60933	3-4yrs	6 Classes	\$96	1/10	Sa	12:15pm-12:45pm
60934	3-4yrs	6 Classes	\$96	1/10	Sa	3:30pm-4:00pm
60935	3-4yrs	6 Classes	\$96	1/11	Su	1:00pm-1:30pm
60926	3-4yrs	6 Classes	\$96	1/12	M	1:30pm-2:00pm
60927	3-4yrs	6 Classes	\$96	1/13	Tu	10:30am-11:00am
60928	3-4yrs	6 Classes	\$96	1/13	Tu	4:30pm-5:00pm
60929	3-4yrs	6 Classes	\$96	1/14	W	10:00am-10:30am
60938	3-4yrs	6 Classes	\$96	1/14	W	1:00pm-1:30pm

60930	3-4yrs	6 Classes	\$96	1/15	Th	10:30am-11:00am
61208	3-4yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61209	3-4yrs	6 Classes	\$96	2/28	Sa	12:45pm-1:15pm
61210	3-4yrs	6 Classes	\$96	2/28	Sa	3:00pm-3:30pm
61211	3-4yrs	6 Classes	\$96	3/1	Su	11:30am-12:00pm
61212	3-4yrs	6 Classes	\$96	3/1	Su	3:15pm-3:45pm
61207	3-4yrs	6 Classes	\$96	3/2	M	2:30pm-3:00pm
61202	3-4yrs	6 Classes	\$96	3/3	Tu	10:00am-10:30am
61203	3-4yrs	6 Classes	\$96	3/4	W	10:30am-11:00am
61204	3-4yrs	6 Classes	\$96	3/5	Th	9:30am-10:00am
61205	3-4yrs	6 Classes	\$96	3/5	Th	1:00pm-1:30pm
61206	3-4yrs	6 Classes	\$96	3/5	Th	4:00pm-4:30pm
61213	3-4yrs	6 Classes	\$96	3/6	F	1:30pm-2:00pm
61214	3-4yrs	6 Classes	\$96	3/6	F	3:00pm-3:30pm

Wheaton Ice Arena

61939	3-4yrs	6 Classes	\$96	1/10	Sa	10:45am-11:15am
61940	3-4yrs	6 Classes	\$96	1/10	Sa	12:45pm-1:15pm
61941	3-4yrs	6 Classes	\$96	1/11	Su	3:00pm-3:30pm
61938	3-4yrs	6 Classes	\$96	1/13	Tu	1:45pm-2:15pm
61945	3-4yrs	6 Classes	\$96	2/28	Sa	10:45am-11:15am
61946	3-4yrs	6 Classes	\$96	2/28	Sa	12:45pm-1:15pm
61947	3-4yrs	6 Classes	\$96	3/1	Su	3:00pm-3:30pm
61944	3-4yrs	6 Classes	\$96	3/3	Tu	1:45pm-2:15pm

Tot 3

Prerequisite: Tot 2. Learn forward swizzles, push and glide stroking, dips, and preparation for snow plow stop.

Cabin John Ice Rink

60943	3-4yrs	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
60944	3-4yrs	6 Classes	\$96	1/10	Sa	10:30am-11:00am
60945	3-4yrs	6 Classes	\$96	1/11	Su	1:30pm- 2:00pm
60942	3-4yrs	6 Classes	\$96	1/14	W	9:30am-10:00am
61219	3-4yrs	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61220	3-4yrs	6 Classes	\$96	2/28	Sa	3:30pm- 4:00pm
61222	3-4yrs	6 Classes	\$96	3/1	Su	1:00pm- 1:30pm
61221	3-4yrs	6 Classes	\$96	3/2	M	1:30pm- 2:00pm

Wheaton Ice Arena

61974	3-4yrs	6 Classes	\$96	1/10	Sa	12:00pm-12:30pm
61975	3-4yrs	6 Classes	\$96	1/11	Su	12:30pm- 1:00pm
61976	3-4yrs	6 Classes	\$96	2/28	Sa	12:00pm-12:30pm
61977	3-4yrs	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm

Pre-Alpha

This class is designed for beginners or those with minimal ice skating experience. Learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward.

Pre-Alpha, Preschool**Cabin John Ice Rink**

60972	4-6yrs	6 Classes	\$96	1/9	F	1:00pm- 1:30pm
60973	4-6yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
60974	4-6yrs	6 Classes	\$96	1/9	F	4:30pm- 5:00pm
60975	4-6yrs	6 Classes	\$96	1/10	Sa	8:30am- 9:00am
60976	4-6yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
60977	4-6yrs	6 Classes	\$96	1/10	Sa	11:45am-12:15pm
60978	4-6yrs	6 Classes	\$96	1/10	Sa	1:15pm- 1:45pm
60979	4-6yrs	6 Classes	\$96	1/10	Sa	4:00pm- 4:30pm
60980	4-6yrs	6 Classes	\$96	1/11	Su	12:00pm-12:30pm
60981	4-6yrs	6 Classes	\$96	1/11	Su	2:15pm- 2:45pm
60982	4-6yrs	6 Classes	\$96	1/11	Su	4:15pm- 4:45pm
60957	4-6yrs	6 Classes	\$96	1/12	M	2:00pm- 2:30pm
60958	4-6yrs	6 Classes	\$96	1/12	M	4:30pm- 5:00pm
60959	4-6yrs	6 Classes	\$96	1/12	M	5:30pm- 6:00pm
63953	4-6yrs	6 Classes	\$96	1/12	M	1:00pm- 1:30pm
60960	4-6yrs	6 Classes	\$96	1/13	Tu	10:00am-10:30am
60961	4-6yrs	6 Classes	\$96	1/13	Tu	1:00pm- 1:30pm
60962	4-6yrs	6 Classes	\$96	1/13	Tu	4:00pm- 4:30pm
60963	4-6yrs	6 Classes	\$96	1/13	Tu	5:15pm- 5:45pm
60964	4-6yrs	6 Classes	\$96	1/14	W	10:30am-11:00am
60965	4-6yrs	6 Classes	\$96	1/14	W	2:00pm- 2:30pm
60966	4-6yrs	6 Classes	\$96	1/14	W	4:00pm- 4:30pm
60967	4-6yrs	6 Classes	\$96	1/14	W	5:00pm- 5:30pm
60969	4-6yrs	6 Classes	\$96	1/15	Th	1:30pm- 2:00pm
60970	4-6yrs	6 Classes	\$96	1/15	Th	4:30pm- 5:00pm
60971	4-6yrs	6 Classes	\$96	1/15	Th	5:45pm- 6:15pm
60968	4-6yrs	6 Classes	\$92	1/15	Th	10:00am-10:30am
61248	4-6yrs	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61249	4-6yrs	6 Classes	\$96	2/28	Sa	10:00am-10:30am
61250	4-6yrs	6 Classes	\$96	2/28	Sa	11:00am-11:30am
61251	4-6yrs	6 Classes	\$96	2/28	Sa	1:45pm- 2:15pm
61252	4-6yrs	6 Classes	\$96	2/28	Sa	3:30pm- 4:00pm
61253	4-6yrs	6 Classes	\$96	3/1	Su	12:00pm-12:30pm
61254	4-6yrs	6 Classes	\$96	3/1	Su	1:00pm- 1:30pm
61255	4-6yrs	6 Classes	\$96	3/1	Su	2:15pm- 2:45pm
61256	4-6yrs	6 Classes	\$96	3/1	Su	3:45pm- 4:15pm
61257	4-6yrs	6 Classes	\$96	3/2	M	2:00pm- 2:30pm

61258	4-6yrs	6 Classes	\$96	3/2	M	4:00pm- 4:30pm
61259	4-6yrs	6 Classes	\$96	3/2	M	5:30pm- 6:00pm
61234	4-6yrs	6 Classes	\$96	3/3	Tu	11:00am-11:30am
61235	4-6yrs	6 Classes	\$96	3/3	Tu	2:00pm- 2:30pm
61236	4-6yrs	6 Classes	\$96	3/3	Tu	5:15pm- 5:45pm
61237	4-6yrs	6 Classes	\$96	3/4	W	9:30am-10:00am
61238	4-6yrs	6 Classes	\$96	3/4	W	2:30pm- 3:00pm
61239	4-6yrs	6 Classes	\$96	3/4	W	4:30pm- 5:00pm
61240	4-6yrs	6 Classes	\$96	3/4	W	5:30pm- 6:00pm
61241	4-6yrs	6 Classes	\$96	3/5	Th	9:30am-10:00am
61242	4-6yrs	6 Classes	\$96	3/5	Th	1:00pm- 1:30pm
61243	4-6yrs	6 Classes	\$96	3/5	Th	5:15pm- 5:45pm
61244	4-6yrs	6 Classes	\$96	3/5	Th	5:45pm- 6:15pm
61245	4-6yrs	6 Classes	\$96	3/6	F	2:00pm- 2:30pm
61246	4-6yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61247	4-6yrs	6 Classes	\$96	3/6	F	5:00pm- 5:30pm

Wheaton Ice Arena

61983	4-6yrs	6 Classes	\$96	1/9	F	1:45pm- 2:15pm
61984	4-6yrs	6 Classes	\$96	1/9	F	5:00pm- 5:30pm
61985	4-6yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
61986	4-6yrs	6 Classes	\$96	1/10	Sa	10:45am-11:15am
61987	4-6yrs	6 Classes	\$96	1/10	Sa	11:30am-12:00pm
62000	4-6yrs	6 Classes	\$96	1/10	Sa	3:00pm- 3:30pm
62001	4-6yrs	6 Classes	\$96	1/10	Sa	4:15pm- 4:45pm
62002	4-6yrs	6 Classes	\$96	1/11	Su	10:30am-11:00am
62003	4-6yrs	6 Classes	\$96	1/11	Su	12:30pm- 1:00pm
62004	4-6yrs	6 Classes	\$96	1/11	Su	2:30pm- 3:00pm
61978	4-6yrs	6 Classes	\$96	1/12	M	4:00pm- 4:30pm
61979	4-6yrs	6 Classes	\$96	1/13	Tu	1:15pm- 1:45pm
61980	4-6yrs	6 Classes	\$96	1/14	W	4:00pm- 4:30pm
61981	4-6yrs	6 Classes	\$96	1/15	Th	4:15pm- 4:45pm
61982	4-6yrs	6 Classes	\$96	1/15	Th	5:30pm- 6:00pm
61995	4-6yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
61996	4-6yrs	6 Classes	\$96	2/28	Sa	10:45am-11:15am
61997	4-6yrs	6 Classes	\$96	2/28	Sa	11:30am-12:00pm
62007	4-6yrs	6 Classes	\$96	2/28	Sa	3:00pm- 3:30pm
62009	4-6yrs	6 Classes	\$96	2/28	Sa	4:15pm- 4:45pm
62010	4-6yrs	6 Classes	\$96	3/1	Su	10:30am-11:00am
62011	4-6yrs	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm
62012	4-6yrs	6 Classes	\$96	3/1	Su	2:30pm- 3:00pm
61988	4-6yrs	6 Classes	\$96	3/2	M	4:00pm- 4:30pm
61989	4-6yrs	6 Classes	\$96	3/3	Tu	1:15pm- 1:45pm
61990	4-6yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
61991	4-6yrs	6 Classes	\$96	3/5	Th	4:15pm- 4:45pm
61992	4-6yrs	6 Classes	\$96	3/5	Th	5:30pm- 6:00pm
61993	4-6yrs	6 Classes	\$96	3/6	F	1:45pm- 2:15pm
61994	4-6yrs	6 Classes	\$96	3/6	F	5:00pm- 5:30pm

Pre-Alpha, Youth**Cabin John Ice Rink**

60989	6-12yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
60990	6-12yrs	6 Classes	\$96	1/9	F	5:30pm- 6:00pm
60991	6-12yrs	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
60992	6-12yrs	6 Classes	\$96	1/10	Sa	12:45pm- 1:15pm
60993	6-12yrs	6 Classes	\$96	1/10	Sa	2:00pm- 2:30pm
60997	6-12yrs	6 Classes	\$96	1/10	Sa	3:30pm- 4:00pm
60994	6-12yrs	6 Classes	\$96	1/11	Su	12:00pm-12:30pm
60995	6-12yrs	6 Classes	\$96	1/11	Su	2:45pm- 3:15pm
60984	6-12yrs	6 Classes	\$96	1/12	M	5:00pm- 5:30pm
60985	6-12yrs	6 Classes	\$96	1/13	Tu	5:15pm- 5:45pm
60986	6-12yrs	6 Classes	\$96	1/14	W	5:30pm- 6:00pm
60996	6-12yrs	6 Classes	\$96	1/14	W	4:00pm- 4:30pm
60987	6-12yrs	6 Classes	\$96	1/15	Th	4:00pm- 4:30pm
60988	6-12yrs	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm

Pre-Alpha, Youth Cabin John (cont.)

61267	6-12yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61268	6-12yrs	6 Classes	\$96	2/28	Sa	1:45pm- 2:15pm
61269	6-12yrs	6 Classes	\$96	2/28	Sa	2:30pm- 3:00pm
61270	6-12yrs	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm
61271	6-12yrs	6 Classes	\$96	3/1	Su	4:15pm- 4:45pm
61272	6-12yrs	6 Classes	\$96	3/2	M	4:30pm- 5:00pm
61261	6-12yrs	6 Classes	\$96	3/3	Tu	4:30pm- 5:00pm
61262	6-12yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
61263	6-12yrs	6 Classes	\$96	3/4	W	5:30pm- 6:00pm
61264	6-12yrs	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm
61265	6-12yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61266	6-12yrs	6 Classes	\$96	3/6	F	5:30pm- 6:00pm

Wheaton Ice Arena

62017	6-12yrs	6 Classes	\$96	1/9	F	1:00pm- 1:30pm
62018	6-12yrs	6 Classes	\$96	1/9	F	5:00pm- 5:30pm
62019	6-12yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62020	6-12yrs	6 Classes	\$96	1/10	Sa	11:30am-12:00pm
62021	6-12yrs	6 Classes	\$96	1/10	Sa	3:00pm- 3:30pm
62024	6-12yrs	6 Classes	\$96	1/10	Sa	4:15pm- 4:45pm
62025	6-12yrs	6 Classes	\$96	1/11	Su	9:45am-10:15am
62026	6-12yrs	6 Classes	\$96	1/11	Su	11:15am-11:45am
62027	6-12yrs	6 Classes	\$96	1/11	Su	2:30pm- 3:00pm
62013	6-12yrs	6 Classes	\$96	1/12	M	4:45pm- 5:15pm
62014	6-12yrs	6 Classes	\$96	1/14	W	4:00pm- 4:30pm
62015	6-12yrs	6 Classes	\$96	1/15	Th	4:15pm- 4:45pm
62016	6-12yrs	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm
62034	6-12yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62035	6-12yrs	6 Classes	\$96	2/28	Sa	11:30am-12:00pm
62039	6-12yrs	6 Classes	\$96	2/28	Sa	3:00pm- 3:30pm
62040	6-12yrs	6 Classes	\$96	2/28	Sa	4:15pm- 4:45pm
62036	6-12yrs	6 Classes	\$96	3/1	Su	9:45am-10:15am
62042	6-12yrs	6 Classes	\$96	3/1	Su	11:15am-11:45am
62043	6-12yrs	6 Classes	\$96	3/1	Su	2:30pm- 3:00pm
62028	6-12yrs	6 Classes	\$96	3/2	M	4:45pm- 5:15pm
62029	6-12yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
62030	6-12yrs	6 Classes	\$96	3/5	Th	4:15pm- 4:45pm
62031	6-12yrs	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm
62032	6-12yrs	6 Classes	\$96	3/6	F	1:00pm- 1:30pm
62033	6-12yrs	6 Classes	\$96	3/6	F	5:00pm- 5:30pm

Pre-Alpha, Teen

Cabin John Ice Rink

60999	12-17yrs	6 Classes	\$96	1/13	Tu	7:00pm-7:30pm
61274	12-17yrs	6 Classes	\$96	3/3	Tu	7:00pm-7:30pm

Wheaton Ice Arena

62044	12-17yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62048	12-17yrs	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm
62049	12-17yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62050	12-17yrs	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm

Pre-Alpha, Adult

Cabin John Ice Rink

61003	18 & up	6 Classes	\$96	1/10	Sa	8:30am- 9:00am
61001	18 & up	6 Classes	\$96	1/12	M	12:30pm- 1:00pm
61002	18 & up	6 Classes	\$96	1/15	Th	7:45pm- 8:15pm
61278	18 & up	6 Classes	\$96	2/28	Sa	8:30am- 9:00am
61276	18 & up	6 Classes	\$96	3/2	M	12:30pm- 1:00pm
61277	18 & up	6 Classes	\$96	3/5	Th	7:45pm- 8:15pm

Wheaton Ice Arena

62051	18 & up	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62053	18 & up	6 Classes	\$96	1/12	M	12:30pm- 1:00pm
62054	18 & up	6 Classes	\$96	1/13	Tu	1:15pm- 1:45pm
62055	18 & up	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm

62052	18 & up	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62056	18 & up	6 Classes	\$96	3/2	M	12:30pm- 1:00pm
62057	18 & up	6 Classes	\$96	3/3	Tu	1:15pm- 1:45pm
62058	18 & up	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm

Pre-Alpha Plus

Prerequisite: Pre-Alpha. Learn forward stroking, one-foot glides, forward swizzles with a two-foot glide, backward swizzles and beginning snowplow stops.

Pre-Alpha Plus, Preschool

Cabin John Ice Rink

61017	4-6yrs	6 Classes	\$96	1/9	F	2:00pm- 2:30pm
61018	4-6yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
61019	4-6yrs	6 Classes	\$96	1/9	F	5:00pm- 5:30pm
61020	4-6yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61021	4-6yrs	6 Classes	\$96	1/10	Sa	10:30am-11:00am
61022	4-6yrs	6 Classes	\$96	1/10	Sa	1:15pm- 1:45pm
61023	4-6yrs	6 Classes	\$96	1/10	Sa	4:00pm- 4:30pm
61024	4-6yrs	6 Classes	\$96	1/11	Su	12:30pm- 1:00pm
61025	4-6yrs	6 Classes	\$96	1/11	Su	2:45pm- 3:15pm
61026	4-6yrs	6 Classes	\$96	1/11	Su	3:45pm- 4:15pm
61004	4-6yrs	6 Classes	\$96	1/12	M	1:00pm- 1:30pm
61005	4-6yrs	6 Classes	\$96	1/12	M	4:00pm- 4:30pm
61006	4-6yrs	6 Classes	\$96	1/12	M	5:00pm- 5:30pm
63955	4-6yrs	6 Classes	\$96	1/12	M	2:00pm- 2:30pm
61007	4-6yrs	6 Classes	\$96	1/13	Tu	1:30pm- 2:00pm
61008	4-6yrs	6 Classes	\$96	1/13	Tu	4:00pm- 4:30pm
61009	4-6yrs	6 Classes	\$96	1/13	Tu	5:45pm- 6:15pm
61010	4-6yrs	6 Classes	\$96	1/14	W	9:30am-10:00am
61011	4-6yrs	6 Classes	\$96	1/14	W	1:30pm- 2:00pm
61012	4-6yrs	6 Classes	\$96	1/14	W	4:00pm- 4:30pm
61013	4-6yrs	6 Classes	\$96	1/14	W	5:00pm- 5:30pm
61014	4-6yrs	6 Classes	\$96	1/15	Th	2:00pm- 2:30pm
61015	4-6yrs	6 Classes	\$96	1/15	Th	4:30pm- 5:00pm
61016	4-6yrs	6 Classes	\$96	1/15	Th	5:15pm- 5:45pm
61295	4-6yrs	6 Classes	\$96	2/28	Sa	8:30am- 9:00am
61296	4-6yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61297	4-6yrs	6 Classes	\$96	2/28	Sa	11:45am-12:15pm
61298	4-6yrs	6 Classes	\$96	2/28	Sa	1:15pm- 1:45pm
61299	4-6yrs	6 Classes	\$96	2/28	Sa	4:00pm- 4:30pm
61303	4-6yrs	6 Classes	\$96	2/28	Sa	2:30pm- 3:00pm
61300	4-6yrs	6 Classes	\$96	3/1	Su	12:00pm-12:30pm
61301	4-6yrs	6 Classes	\$96	3/1	Su	2:15pm- 2:45pm
61302	4-6yrs	6 Classes	\$96	3/1	Su	4:15pm- 4:45pm
61279	4-6yrs	6 Classes	\$96	3/2	M	2:30pm- 3:00pm
61280	4-6yrs	6 Classes	\$96	3/2	M	4:30pm- 5:00pm
61281	4-6yrs	6 Classes	\$96	3/2	M	5:30pm- 6:00pm
61282	4-6yrs	6 Classes	\$96	3/3	Tu	1:00pm- 1:30pm
61283	4-6yrs	6 Classes	\$96	3/3	Tu	4:00pm- 4:30pm
61284	4-6yrs	6 Classes	\$96	3/3	Tu	5:45pm- 6:15pm
61285	4-6yrs	6 Classes	\$96	3/4	W	10:00am-10:30am
61286	4-6yrs	6 Classes	\$96	3/4	W	2:00pm- 2:30pm
61287	4-6yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
61288	4-6yrs	6 Classes	\$96	3/4	W	5:00pm- 5:30pm
61289	4-6yrs	6 Classes	\$96	3/5	Th	10:00am-10:30am
61290	4-6yrs	6 Classes	\$96	3/5	Th	1:30pm- 2:00pm
61291	4-6yrs	6 Classes	\$96	3/5	Th	4:30pm- 5:00pm
61292	4-6yrs	6 Classes	\$96	3/5	Th	5:45pm- 6:15pm
61293	4-6yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61294	4-6yrs	6 Classes	\$96	3/6	F	4:30pm- 5:00pm
61304	4-6yrs	6 Classes	\$96	3/6	F	2:30pm- 3:00pm



Wheaton Ice Arena

62152	4-6yrs	6 Classes	\$96	1/9	F	4:15pm- 4:45pm
62153	4-6yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62154	4-6yrs	6 Classes	\$96	1/10	Sa	12:45pm- 1:15pm
62155	4-6yrs	6 Classes	\$96	1/11	Su	12:30pm- 1:00pm
62156	4-6yrs	6 Classes	\$96	1/11	Su	3:45pm- 4:15pm
62149	4-6yrs	6 Classes	\$96	1/14	W	4:45pm- 5:15pm
62150	4-6yrs	6 Classes	\$96	1/15	Th	4:15pm- 4:45pm
62151	4-6yrs	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm
62161	4-6yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62162	4-6yrs	6 Classes	\$96	2/28	Sa	12:45pm- 1:15pm
62163	4-6yrs	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm
62164	4-6yrs	6 Classes	\$96	3/1	Su	3:45pm- 4:15pm
62157	4-6yrs	6 Classes	\$96	3/4	W	4:45pm- 5:15pm
62158	4-6yrs	6 Classes	\$96	3/5	Th	4:15pm- 4:45pm
62159	4-6yrs	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm
62160	4-6yrs	6 Classes	\$96	3/6	F	4:15pm- 4:45pm

Pre-Alpha Plus, Youth**Cabin John Ice Rink**

61030	6-12yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
61031	6-12yrs	6 Classes	\$96	1/9	F	5:30pm- 6:00pm
61032	6-12yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61033	6-12yrs	6 Classes	\$96	1/10	Sa	11:45am-12:15pm
61034	6-12yrs	6 Classes	\$96	1/10	Sa	1:15pm- 1:45pm
61035	6-12yrs	6 Classes	\$96	1/10	Sa	3:00pm- 3:30pm
61036	6-12yrs	6 Classes	\$96	1/11	Su	12:00pm-12:30pm
61037	6-12yrs	6 Classes	\$96	1/11	Su	2:45pm- 3:15pm
61027	6-12yrs	6 Classes	\$96	1/12	M	4:30pm- 5:00pm
61028	6-12yrs	6 Classes	\$96	1/13	Tu	6:15pm- 6:45pm
61029	6-12yrs	6 Classes	\$96	1/14	W	4:30pm- 5:00pm
61312	6-12yrs	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61313	6-12yrs	6 Classes	\$96	2/28	Sa	12:45pm- 1:15pm
61314	6-12yrs	6 Classes	\$96	3/1	Su	12:00pm-12:30pm
61315	6-12yrs	6 Classes	\$96	3/1	Su	1:30pm- 2:00pm
61316	6-12yrs	6 Classes	\$96	3/1	Su	2:45pm- 3:15pm
61305	6-12yrs	6 Classes	\$96	3/2	M	5:00pm- 5:30pm
61306	6-12yrs	6 Classes	\$96	3/3	Tu	5:15pm- 5:45pm
61307	6-12yrs	6 Classes	\$96	3/4	W	5:30pm- 6:00pm
61308	6-12yrs	6 Classes	\$96	3/5	Th	4:00pm- 4:30pm
61309	6-12yrs	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm
61310	6-12yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61311	6-12yrs	6 Classes	\$96	3/6	F	5:30pm- 6:00pm

Wheaton Ice Arena

62172	6-12yrs	6 Classes	\$96	1/9	F	1:00pm- 1:30pm
62173	6-12yrs	6 Classes	\$96	1/9	F	4:15pm- 4:45pm
62174	6-12yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62175	6-12yrs	6 Classes	\$96	1/10	Sa	12:45pm- 1:15pm
62176	6-12yrs	6 Classes	\$96	1/10	Sa	3:30pm- 4:00pm
62177	6-12yrs	6 Classes	\$96	1/11	Su	11:15am-11:45am
62178	6-12yrs	6 Classes	\$96	1/11	Su	3:45pm- 4:15pm
62169	6-12yrs	6 Classes	\$96	1/12	M	4:45pm- 5:15pm
62170	6-12yrs	6 Classes	\$96	1/14	W	4:00pm- 4:30pm
62171	6-12yrs	6 Classes	\$96	1/15	Th	5:00pm- 5:30pm
62213	6-12yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62214	6-12yrs	6 Classes	\$96	2/28	Sa	12:45pm- 1:15pm
62215	6-12yrs	6 Classes	\$96	2/28	Sa	3:30pm- 4:00pm
62216	6-12yrs	6 Classes	\$96	3/1	Su	11:15am-11:45am
62217	6-12yrs	6 Classes	\$96	3/1	Su	3:45pm- 4:15pm
62179	6-12yrs	6 Classes	\$96	3/2	M	4:45pm- 5:15pm
62180	6-12yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
62181	6-12yrs	6 Classes	\$96	3/5	Th	5:00pm- 5:30pm
62182	6-12yrs	6 Classes	\$96	3/6	F	1:00pm- 1:30pm
62183	6-12yrs	6 Classes	\$96	3/6	F	4:15pm- 4:45pm

Pre-Alpha Plus, Teen**Cabin John Ice Rink**

61038	12-17yrs	6 Classes	\$96	1/13	Tu	7:00pm- 7:30pm
61317	12-17yrs	6 Classes	\$96	3/3	Tu	7:00pm- 7:30pm

Wheaton Ice Arena

62219	12-17yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62218	12-17yrs	6 Classes	\$96	1/15	Th	6:45pm- 7:15pm
62220	12-17yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62221	12-17yrs	6 Classes	\$96	3/5	Th	6:45pm- 7:15pm

Pre-Alpha Plus, Adult**Cabin John Ice Rink**

61041	18 & up	6 Classes	\$96	1/10	Sa	8:30am- 9:00am
61039	18 & up	6 Classes	\$96	1/12	M	12:30pm- 1:00pm
61040	18 & up	6 Classes	\$96	1/15	Th	7:45pm- 8:15pm
61320	18 & up	6 Classes	\$96	2/28	Sa	8:30am- 9:00am
61318	18 & up	6 Classes	\$96	3/2	M	12:30pm- 1:00pm
61319	18 & up	6 Classes	\$96	3/5	Th	7:45pm- 8:15pm

Wheaton Ice Arena

62223	18 & up	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62222	18 & up	6 Classes	\$96	1/12	M	1:00pm- 1:30pm
62225	18 & up	6 Classes	\$96	2/28	Sa	10:15am-10:45am
62224	18 & up	6 Classes	\$96	3/2	M	1:00pm- 1:30pm

Alpha

Prerequisite: Pre-Alpha Plus. Learn forward stroking, forward crossovers, and snowplow stop.

Alpha, Preschool**Cabin John Ice Rink**

61049	4-6yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
61050	4-6yrs	6 Classes	\$96	1/9	F	5:00pm- 5:30pm
61051	4-6yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61052	4-6yrs	6 Classes	\$96	1/10	Sa	11:45am-12:15pm
61053	4-6yrs	6 Classes	\$96	1/10	Sa	3:30pm- 4:00pm
61054	4-6yrs	6 Classes	\$96	1/11	Su	1:00pm- 1:30pm
61055	4-6yrs	6 Classes	\$96	1/11	Su	2:15pm- 2:45pm
61056	4-6yrs	6 Classes	\$96	1/11	Su	4:15pm- 4:45pm
61043	4-6yrs	6 Classes	\$96	1/12	M	4:00pm- 4:30pm
61044	4-6yrs	6 Classes	\$96	1/13	Tu	4:30pm- 5:00pm
61046	4-6yrs	6 Classes	\$96	1/14	W	4:30pm- 5:00pm
61047	4-6yrs	6 Classes	\$96	1/15	Th	4:30pm- 5:00pm
61048	4-6yrs	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm
61331	4-6yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61332	4-6yrs	6 Classes	\$96	2/28	Sa	10:30am-11:00am
61333	4-6yrs	6 Classes	\$96	2/28	Sa	1:15pm- 1:45pm
61334	4-6yrs	6 Classes	\$96	2/28	Sa	4:00pm- 4:30pm
61335	4-6yrs	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm
61336	4-6yrs	6 Classes	\$96	3/1	Su	2:45pm- 3:15pm
61337	4-6yrs	6 Classes	\$96	3/1	Su	3:45pm- 4:15pm
61321	4-6yrs	6 Classes	\$96	3/2	M	1:00pm- 1:30pm
61322	4-6yrs	6 Classes	\$96	3/2	M	4:00pm- 4:30pm
61323	4-6yrs	6 Classes	\$96	3/2	M	5:00pm- 5:30pm
61324	4-6yrs	6 Classes	\$96	3/3	Tu	1:30pm- 2:00pm
61325	4-6yrs	6 Classes	\$96	3/3	Tu	6:15pm- 6:45pm
61326	4-6yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
61327	4-6yrs	6 Classes	\$96	3/5	Th	4:30pm- 5:00pm
61329	4-6yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61330	4-6yrs	6 Classes	\$96	3/6	F	5:00pm- 5:30pm

**NEW! Souvenir Cups**

available at both Cabin John Ice and Wheaton Ice Arena. \$5 for the cup (with built-in straw) and 32 ounces of your favorite soft drink. And refills with your cup are only \$1! Ask for them at the rinks' snack bar/cafe.

Alpha, Preschool (cont.)

Wheaton Ice Arena

62229	4-6yrs	6 Classes	\$96	1/9	F	5:30pm- 6:00pm
62230	4-6yrs	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62231	4-6yrs	6 Classes	\$96	1/10	Sa	3:30pm- 4:00pm
62232	4-6yrs	6 Classes	\$96	1/11	Su	11:45am-12:15pm
62233	4-6yrs	6 Classes	\$96	1/11	Su	3:00pm- 3:30pm
62226	4-6yrs	6 Classes	\$96	1/12	M	4:00pm- 4:30pm
62227	4-6yrs	6 Classes	\$96	1/14	W	5:15pm- 5:45pm
62228	4-6yrs	6 Classes	\$96	1/15	Th	5:00pm- 5:30pm
62238	4-6yrs	6 Classes	\$96	2/28	Sa	10:45am-11:15am
62239	4-6yrs	6 Classes	\$96	2/28	Sa	3:30pm- 4:00pm
62240	4-6yrs	6 Classes	\$96	3/1	Su	11:45pm-12:15pm
62241	4-6yrs	6 Classes	\$96	3/1	Su	3:00pm- 3:30pm
62234	4-6yrs	6 Classes	\$96	3/2	M	4:00pm- 4:30pm
62235	4-6yrs	6 Classes	\$96	3/4	W	5:15pm- 5:45pm
62236	4-6yrs	6 Classes	\$96	3/5	Th	5:00pm- 5:30pm
62237	4-6yrs	6 Classes	\$96	3/6	F	5:30pm- 6:00pm

Alpha, Youth

Cabin John Ice Rink

61061	6-12yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
61062	6-12yrs	6 Classes	\$96	1/9	F	5:30pm- 6:00pm
61063	6-12yrs	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
61064	6-12yrs	6 Classes	\$96	1/10	Sa	11:00am-11:30am
61065	6-12yrs	6 Classes	\$96	1/10	Sa	12:15pm-12:45pm
61066	6-12yrs	6 Classes	\$96	1/10	Sa	3:00pm- 3:30pm
61067	6-12yrs	6 Classes	\$96	1/11	Su	11:30am-12:00pm
61068	6-12yrs	6 Classes	\$96	1/11	Su	1:30pm- 2:00pm
61069	6-12yrs	6 Classes	\$96	1/11	Su	3:15pm- 3:45pm
61057	6-12yrs	6 Classes	\$96	1/12	M	5:00pm- 5:30pm
61058	6-12yrs	6 Classes	\$96	1/13	Tu	4:00pm- 4:30pm
61070	6-12yrs	6 Classes	\$96	1/13	Tu	5:15pm- 5:45pm
61059	6-12yrs	6 Classes	\$96	1/14	W	5:00pm- 5:30pm
61060	6-12yrs	6 Classes	\$96	1/15	Th	4:00pm- 4:30pm
61345	6-12yrs	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61346	6-12yrs	6 Classes	\$96	2/28	Sa	11:45am-12:15pm
61347	6-12yrs	6 Classes	\$96	2/28	Sa	1:15pm- 1:45pm
61348	6-12yrs	6 Classes	\$96	2/28	Sa	3:00pm- 3:30pm
61349	6-12yrs	6 Classes	\$96	3/1	Su	1:30pm- 2:00pm
61350	6-12yrs	6 Classes	\$96	3/1	Su	2:45pm- 3:15pm
61338	6-12yrs	6 Classes	\$96	3/2	M	4:30pm- 5:00pm
61339	6-12yrs	6 Classes	\$96	3/3	Tu	4:00pm- 4:30pm
61340	6-12yrs	6 Classes	\$96	3/3	Tu	6:15pm- 6:45pm
61341	6-12yrs	6 Classes	\$96	3/4	W	4:00pm- 4:30pm
61342	6-12yrs	6 Classes	\$96	3/5	Th	4:30pm- 5:00pm
61343	6-12yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61344	6-12yrs	6 Classes	\$96	3/6	F	5:30pm- 6:00pm

Wheaton Ice Arena

62244	6-12yrs	6 Classes	\$96	1/9	F	1:45pm- 2:15pm
62245	6-12yrs	6 Classes	\$96	1/9	F	5:00pm- 5:30pm
62246	6-12yrs	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62247	6-12yrs	6 Classes	\$96	1/10	Sa	12:00pm-12:30pm
62248	6-12yrs	6 Classes	\$96	1/11	Su	11:45am-12:15pm
62249	6-12yrs	6 Classes	\$96	1/11	Su	3:00pm- 3:30pm
62242	6-12yrs	6 Classes	\$96	1/14	W	4:45pm- 5:15pm
62243	6-12yrs	6 Classes	\$96	1/15	Th	6:15pm- 6:45pm
62254	6-12yrs	6 Classes	\$96	2/28	Sa	10:45am-11:15am
62255	6-12yrs	6 Classes	\$96	2/28	Sa	12:00pm-12:30pm

Alpha, Youth

Wheaton Ice Arena (cont.)

62256	6-12yrs	6 Classes	\$96	3/1	Su	11:45am-12:15pm
62257	6-12yrs	6 Classes	\$96	3/1	Su	3:00pm- 3:30pm
62250	6-12yrs	6 Classes	\$96	3/4	W	4:45pm- 5:15pm
62251	6-12yrs	6 Classes	\$96	3/5	Th	6:15pm- 6:45pm
62252	6-12yrs	6 Classes	\$96	3/6	F	1:45pm- 2:15pm
62253	6-12yrs	6 Classes	\$96	3/6	F	5:00pm- 5:30pm

Alpha, Teen

Cabin John Ice Rink

61071	12-17yrs	6 Classes	\$96	1/13	Tu	7:30pm- 8:00pm
61351	12-17yrs	6 Classes	\$96	3/3	Tu	7:30pm- 8:00pm

Wheaton Ice Arena

62258	12-17yrs	6 Classes	\$96	1/10	Sa	3:30pm- 4:00pm
62259	12-17yrs	6 Classes	\$96	2/28	Sa	3:30pm- 4:00pm

Alpha, Adult

Cabin John Ice Rink

61075	18 & up	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
61073	18 & up	6 Classes	\$96	1/12	M	12:00pm-12:30pm
61074	18 & up	6 Classes	\$96	1/15	Th	8:15pm- 8:45pm
61355	18 & up	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61353	18 & up	6 Classes	\$96	3/2	M	12:00pm-12:30pm
61354	18 & up	6 Classes	\$96	3/5	Th	8:15pm- 8:45pm

Wheaton Ice Arena

62261	18 & up	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62260	18 & up	6 Classes	\$96	1/12	M	12:30pm- 1:00pm
62262	18 & up	6 Classes	\$96	2/28	Sa	10:15am-10:45a
62263	18 & up	6 Classes	\$96	3/2	M	12:30pm- 1:00pm

Beta

Prerequisite: Alpha. Learn backward stroking, backward crossovers and T-stops. Forward crossovers will also be reviewed.

Beta, Preschool

Cabin John Ice Rink

61082	4-6yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
61083	4-6yrs	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
61084	4-6yrs	6 Classes	\$96	1/10	Sa	11:00am-11:30am
61085	4-6yrs	6 Classes	\$96	1/10	Sa	2:30pm- 3:00pm
61086	4-6yrs	6 Classes	\$96	1/11	Su	12:30pm- 1:00pm
61087	4-6yrs	6 Classes	\$96	1/11	Su	3:15pm- 3:45pm
61078	4-6yrs	6 Classes	\$96	1/12	M	5:00pm- 5:30pm
61079	4-6yrs	6 Classes	\$96	1/13	Tu	6:15pm- 6:45pm
61080	4-6yrs	6 Classes	\$96	1/14	W	5:30pm- 6:00pm
61081	4-6yrs	6 Classes	\$96	1/15	Th	5:45pm- 6:15pm
61363	4-6yrs	6 Classes	\$96	2/28	Sa	11:45am-12:15pm
61364	4-6yrs	6 Classes	\$96	2/28	Sa	3:30pm- 4:00pm
61365	4-6yrs	6 Classes	\$96	3/1	Su	1:30pm- 2:00pm
61366	4-6yrs	6 Classes	\$96	3/1	Su	3:15pm- 3:45pm
61357	4-6yrs	6 Classes	\$96	3/2	M	1:00pm- 1:30pm
61358	4-6yrs	6 Classes	\$96	3/2	M	5:00pm- 5:30pm
61359	4-6yrs	6 Classes	\$96	3/3	Tu	4:30pm- 5:00pm
61360	4-6yrs	6 Classes	\$96	3/4	W	4:30pm- 5:00pm
61361	4-6yrs	6 Classes	\$96	3/5	Th	5:15pm- 5:45pm
61362	4-6yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm



Beta, Youth**Cabin John Ice Rink**

61093	6-12yrs	6 Classes	\$96	1/9	F	4:00pm- 4:30pm
61094	6-12yrs	6 Classes	\$96	1/9	F	6:00pm- 6:30pm
61095	6-12yrs	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
61096	6-12yrs	6 Classes	\$96	1/10	Sa	12:15pm-12:45pm
61097	6-12yrs	6 Classes	\$96	1/10	Sa	2:30pm- 3:00pm
61098	6-12yrs	6 Classes	\$96	1/11	Su	1:00pm- 1:30pm
61099	6-12yrs	6 Classes	\$96	1/11	Su	3:45pm- 4:15pm
61088	6-12yrs	6 Classes	\$96	1/12	M	4:00pm- 4:30pm
61089	6-12yrs	6 Classes	\$96	1/13	Tu	4:30pm- 5:00pm
61090	6-12yrs	6 Classes	\$96	1/13	Tu	6:15pm- 6:45pm
61091	6-12yrs	6 Classes	\$96	1/14	W	4:30pm- 5:00pm
61092	6-12yrs	6 Classes	\$96	1/15	Th	5:15pm- 5:45pm
61374	6-12yrs	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61375	6-12yrs	6 Classes	\$96	2/28	Sa	11:00am-11:30am
61376	6-12yrs	6 Classes	\$96	2/28	Sa	12:15pm-12:45pm
61377	6-12yrs	6 Classes	\$96	2/28	Sa	3:00pm- 3:30pm
61378	6-12yrs	6 Classes	\$96	3/1	Su	11:30am-12:00pm
61379	6-12yrs	6 Classes	\$96	3/1	Su	3:15pm- 3:45pm
61367	6-12yrs	6 Classes	\$96	3/2	M	4:00pm- 4:30pm
61368	6-12yrs	6 Classes	\$96	3/2	M	5:00pm- 5:30pm
61369	6-12yrs	6 Classes	\$96	3/3	Tu	4:30pm- 5:00pm
61370	6-12yrs	6 Classes	\$96	3/4	W	5:00pm- 5:30pm
61371	6-12yrs	6 Classes	\$96	3/5	Th	4:00pm- 4:30pm
61372	6-12yrs	6 Classes	\$96	3/6	F	4:00pm- 4:30pm
61373	6-12yrs	6 Classes	\$96	3/6	F	6:00pm- 6:30pm

Beta, Teen**Cabin John Ice Rink**

61100	12-17yrs	6 Classes	\$96	1/13	Tu	7:30pm- 8:00pm
61380	12-17yrs	6 Classes	\$96	3/3	Tu	7:30pm- 8:00pm

Beta, Adult**Cabin John Ice Rink**

61103	18 & up	6 Classes	\$96	1/10	Sa	9:00am- 9:30am
61101	18 & up	6 Classes	\$96	1/12	M	12:00pm-12:30pm
61102	18 & up	6 Classes	\$96	1/15	Th	8:15pm- 8:45pm
61383	18 & up	6 Classes	\$96	2/28	Sa	9:00am- 9:30am
61381	18 & up	6 Classes	\$96	3/2	M	12:00pm-12:30pm
61382	18 & up	6 Classes	\$96	3/5	Th	8:15pm- 8:45pm

Wheaton Ice Arena

62265	18 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62264	18 & up	6 Classes	\$96	1/12	M	1:00pm- 1:30pm
62266	18 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am
62267	18 & up	6 Classes	\$96	3/2	M	1:00pm- 1:30pm

Beta, All Ages**Wheaton Ice Arena**

62271	3 & up	6 Classes	\$96	1/9	F	1:00pm- 1:30pm
62272	3 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62273	3 & up	6 Classes	\$96	1/10	Sa	12:00pm-12:30pm
62274	3 & up	6 Classes	\$96	1/11	Su	10:30am-11:00am
62280	3 & up	6 Classes	\$96	1/11	Su	12:30pm- 1:00pm
62268	3 & up	6 Classes	\$96	1/12	M	4:45pm- 5:15pm
62269	3 & up	6 Classes	\$96	1/14	W	4:45pm- 5:15pm
62270	3 & up	6 Classes	\$96	1/15	Th	5:30pm- 6:00pm
62279	3 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am
62281	3 & up	6 Classes	\$96	2/28	Sa	12:00pm-12:30pm
62282	3 & up	6 Classes	\$96	3/1	Su	10:30am-11:00am
62283	3 & up	6 Classes	\$96	3/1	Su	12:30pm- 1:00pm
62275	3 & up	6 Classes	\$96	3/2	M	4:45pm- 5:15pm
62276	3 & up	6 Classes	\$96	3/4	W	4:45pm- 5:15pm
62277	3 & up	6 Classes	\$96	3/5	Th	5:30pm- 6:00pm
62278	3 & up	6 Classes	\$96	3/6	F	1:00pm- 1:30pm

Gamma

Prerequisite: Beta. Learn forward outside and inside edges, forward outside and inside three-turns, and beginning hockey stops.

Gamma, Preschool**Cabin John Ice Rink**

61107	4-6yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61108	4-6yrs	6 Classes	\$96	1/10	Sa	2:30pm- 3:00pm
61105	4-6yrs	6 Classes	\$96	1/12	M	5:30pm- 6:00pm
61109	4-6yrs	6 Classes	\$96	1/13	Tu	5:45pm- 6:15pm
61106	4-6yrs	6 Classes	\$96	1/14	W	5:30pm- 6:00pm
61387	4-6yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61385	4-6yrs	6 Classes	\$96	3/3	Tu	5:15pm- 5:45pm
61386	4-6yrs	6 Classes	\$96	3/4	W	5:00pm- 5:30pm

Gamma, Youth**Cabin John Ice Rink**

61113	6-12yrs	6 Classes	\$96	1/9	F	4:30pm- 5:00pm
61114	6-12yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61115	6-12yrs	6 Classes	\$96	1/10	Sa	12:45pm- 1:15pm
61116	6-12yrs	6 Classes	\$96	1/10	Sa	4:00pm- 4:30pm
61117	6-12yrs	6 Classes	\$96	1/11	Su	1:30pm- 2:00pm
61118	6-12yrs	6 Classes	\$96	1/11	Su	3:45pm- 4:15pm
61110	6-12yrs	6 Classes	\$96	1/12	M	5:30pm- 6:00pm
61111	6-12yrs	6 Classes	\$96	1/13	Tu	5:45pm- 6:15pm
61112	6-12yrs	6 Classes	\$96	1/15	Th	5:15pm- 5:45pm
61392	6-12yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61393	6-12yrs	6 Classes	\$96	2/28	Sa	12:15pm-12:45pm
61394	6-12yrs	6 Classes	\$96	2/28	Sa	2:30pm- 3:00pm
61395	6-12yrs	6 Classes	\$96	2/28	Sa	4:00pm- 4:30pm
61396	6-12yrs	6 Classes	\$96	3/1	Su	1:00pm- 1:30pm
61397	6-12yrs	6 Classes	\$96	3/1	Su	3:45pm- 4:15pm
61388	6-12yrs	6 Classes	\$96	3/2	M	5:30pm- 6:00pm
61389	6-12yrs	6 Classes	\$96	3/3	Tu	6:15pm- 6:45pm
61390	6-12yrs	6 Classes	\$96	3/4	W	4:30pm- 5:00pm
61391	6-12yrs	6 Classes	\$96	3/6	F	4:30pm- 5:00pm

Gamma, Teen**Cabin John Ice Rink**

61119	12-17yrs	6 Classes	\$96	1/15	Th	7:15pm- 7:45pm
61398	12-17yrs	6 Classes	\$96	3/5	Th	7:15pm- 7:45pm

Gamma, Adult**Cabin John Ice Rink**

61122	18 & up	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61120	18 & up	6 Classes	\$96	1/12	M	11:30am-12:00pm
61121	18 & up	6 Classes	\$96	1/15	Th	8:45pm- 9:15pm
61401	18 & up	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61399	18 & up	6 Classes	\$96	3/2	M	11:30am-12:00pm
61400	18 & up	6 Classes	\$96	3/5	Th	8:45pm- 9:15pm

Wheaton Ice Arena

62284	18 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62285	18 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am

Stop by our Pro Shops!

The Pro Shops at Cabin John Ice and Wheaton Ice Arena offer an extensive line of skating equipment and accessories for the hockey player, figure skater and recreational skater, including skating boots, blades, figure sets and apparel, ZÜCA® Sports carry-alls, blade mounting, custom fitting and skate sharpening. There's a year-end sale going on now; stop by and check it out!



Gamma, All Ages

Wheaton Ice Arena

62288	3 & up	6 Classes	\$96	1/9	F	5:30pm-6:00pm
62289	3 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62290	3 & up	6 Classes	\$96	1/11	Su	9:45am-10:15am
62291	3 & up	6 Classes	\$96	1/11	Su	3:45pm-4:15pm
62286	3 & up	6 Classes	\$96	1/14	W	5:15pm-5:45pm
62287	3 & up	6 Classes	\$96	1/15	Th	6:15pm-6:45pm
62295	3 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am
62296	3 & up	6 Classes	\$96	3/1	Su	9:45am-10:15am
62297	3 & up	6 Classes	\$96	3/1	Su	3:45pm-4:15pm
62292	3 & up	6 Classes	\$96	3/4	W	5:15pm-5:45pm
62293	3 & up	6 Classes	\$96	3/5	Th	6:15pm-6:45pm
62294	3 & up	6 Classes	\$96	3/6	F	5:30pm-6:00pm

Delta

Prerequisite: Gamma. Learn forward inside mohawks, backward mohawks, bunny hop, lunge, shoot the duck, a crossover/mohawk combination, and review skills from Gamma.

Delta, Preschool

Cabin John Ice Rink

61124	4-6yrs	6 Classes	\$96	1/10	Sa	2:00pm-2:30pm
61125	4-6yrs	6 Classes	\$96	1/11	Su	4:15pm-4:45pm
61123	4-6yrs	6 Classes	\$96	1/14	W	4:30pm-5:00pm
61403	4-6yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61404	4-6yrs	6 Classes	\$96	3/1	Su	4:15pm-4:45pm
61402	4-6yrs	6 Classes	\$96	3/4	W	5:00pm-5:30pm

Delta, Youth

Cabin John Ice Rink

61127	6-12yrs	6 Classes	\$96	1/9	F	4:30pm-5:00pm
61128	6-12yrs	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61129	6-12yrs	6 Classes	\$96	1/10	Sa	2:00pm-2:30pm
61130	6-12yrs	6 Classes	\$96	1/11	Su	12:30pm-1:00pm
61131	6-12yrs	6 Classes	\$96	1/11	Su	2:15pm-2:45pm
61126	6-12yrs	6 Classes	\$96	1/12	M	4:30pm-5:00pm
61410	6-12yrs	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61411	6-12yrs	6 Classes	\$96	2/28	Sa	12:45pm-1:15pm
61412	6-12yrs	6 Classes	\$96	3/1	Su	2:15pm-2:45pm
61405	6-12yrs	6 Classes	\$96	3/2	M	5:30pm-6:00pm
61406	6-12yrs	6 Classes	\$96	3/3	Tu	5:45pm-6:15pm
61407	6-12yrs	6 Classes	\$96	3/4	W	4:30pm-5:00pm
61408	6-12yrs	6 Classes	\$96	3/5	Th	5:15pm-5:45pm
61409	6-12yrs	6 Classes	\$96	3/6	F	4:30pm-5:00pm

Delta, Teen

Cabin John Ice Rink

61132	12-17yrs	6 Classes	\$96	1/15	Th	7:15pm-7:45pm
61413	12-17yrs	6 Classes	\$96	3/5	Th	7:15pm-7:45pm

Delta, Adult

Cabin John Ice Rink

61135	18 & up	6 Classes	\$96	1/10	Sa	9:30am-10:00am
61133	18 & up	6 Classes	\$96	1/12	M	11:30am-12:00pm
61134	18 & up	6 Classes	\$96	1/15	Th	8:45pm-9:15pm
61416	18 & up	6 Classes	\$96	2/28	Sa	9:30am-10:00am
61414	18 & up	6 Classes	\$96	3/2	M	11:30am-12:00pm
61415	18 & up	6 Classes	\$96	3/5	Th	8:45pm-9:15pm

Wheaton Ice Arena

62311	18 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62312	18 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am

Delta, All Ages

Wheaton Ice Arena

62300	3 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62301	3 & up	6 Classes	\$96	1/11	Su	9:45am-10:15am
62302	3 & up	6 Classes	\$96	1/11	Su	2:30pm-3:00pm
62299	3 & up	6 Classes	\$96	1/15	Th	6:45pm-7:15pm
62305	3 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am
62306	3 & up	6 Classes	\$96	3/1	Su	9:45am-10:15am
62307	3 & up	6 Classes	\$96	3/1	Su	2:30pm-3:00pm
62304	3 & up	6 Classes	\$96	3/5	Th	6:45pm-7:15pm

Freestyle

Freestyle 1

Prerequisite: Delta. Learn forward inside pivots, two-foot spin, beginning one-foot spin, forward spiral, back edges, half-flip and a waltz jump.

Cabin John Ice Rink

61138	5 & up	6 Classes	\$144	1/10	Sa	10:15am-11:00am
61139	5 & up	6 Classes	\$144	1/10	Sa	11:00am-11:45am
61136	5 & up	6 Classes	\$144	1/12	M	7:15pm-8:00pm
61137	5 & up	6 Classes	\$144	1/14	W	6:30pm-7:15pm
61419	5 & up	6 Classes	\$144	2/28	Sa	10:15am-11:00am
61420	5 & up	6 Classes	\$144	2/28	Sa	11:00am-11:45am
61417	5 & up	6 Classes	\$144	3/2	M	7:15pm-8:00pm
61418	5 & up	6 Classes	\$144	3/4	W	6:30pm-7:15pm

Wheaton Ice Arena

62314	5 & up	6 Classes	\$96	1/11	Su	10:30am-11:00am
62313	5 & up	6 Classes	\$96	1/15	Th	6:45pm-7:15pm
62316	5 & up	6 Classes	\$96	3/1	Su	10:30am-11:00am
62315	5 & up	6 Classes	\$96	3/5	Th	6:45pm-7:15pm

Freestyle 2

Prerequisite: Freestyle 1. Learn a ballet jump, half-lutz jump, one-foot forward scratch spin, two forward spirals on different edges, and a dance step sequence.

Cabin John Ice Rink

61142	5 & up	6 Classes	\$144	1/10	Sa	10:15am-11:00am
61143	5 & up	6 Classes	\$144	1/10	Sa	11:00am-11:45am
61140	5 & up	6 Classes	\$144	1/12	M	6:30pm-7:15pm
61141	5 & up	6 Classes	\$144	1/14	W	7:15pm-8:00pm
61423	5 & up	6 Classes	\$144	2/28	Sa	10:15am-11:00am
61424	5 & up	6 Classes	\$144	2/28	Sa	11:00am-11:45am
61421	5 & up	6 Classes	\$144	3/2	M	6:30pm-7:15pm
61422	5 & up	6 Classes	\$144	3/4	W	7:15pm-8:00pm

Wheaton Ice Arena

62317	5 & up	6 Classes	\$96	1/15	Th	6:45pm-7:15pm
62318	5 & up	6 Classes	\$96	3/5	Th	6:45pm-7:15pm

Freestyle 3

Prerequisite: Freestyle 2. Learn backward pivots, salchow jump, toe loop jump, change foot spin, back spiral, back three-turns and a dance step sequence.

Cabin John Ice Rink

61146	18 & up	6 Classes	\$144	1/13	Tu	9:30pm-10:15pm
61145	5 & up	6 Classes	\$144	1/10	Sa	10:15am-11:00am
61144	5 & up	6 Classes	\$144	1/12	M	8:00pm-8:45pm
61426	5 & up	6 Classes	\$144	2/28	Sa	10:15am-11:00am
61425	5 & up	6 Classes	\$144	3/2	M	8:00pm-8:45pm
61427	18 & up	6 Classes	\$144	3/3	Tu	9:30pm-10:15pm

Wheaton Ice Arena

62319	5 & up	6 Classes	\$96	1/15	Th	6:45pm-7:15pm
62320	5 & up	6 Classes	\$96	3/5	Th	6:45pm-7:15pm

Freestyle 4

Prerequisite: Freestyle 3. Learn flip jump, loop jump, sit spin, and two back spirals on different edges. In order to complete this level, the student must also pass the dance step sequence class, which is offered separately.

Cabin John Ice Rink

61147	5 & up	6 Classes	\$144	1/10	Sa	11:00am-11:45am
61428	5 & up	6 Classes	\$144	2/28	Sa	11:00am-11:45am

Wheaton Ice Arena

62322	5 & up	6 Classes	\$96	1/11	Su	9:45am-10:15am
62321	5 & up	6 Classes	\$96	1/15	Th	7:15pm-7:45pm
62324	5 & up	6 Classes	\$96	3/1	Su	9:45am-10:15am
62323	5 & up	6 Classes	\$96	3/5	Th	7:15pm-7:45pm

Freestyle 4/5 Dance Step

Prerequisite: Passed Freestyle 3 and above. Take all the moves you've learned so far and put them together in this fun specialty class. You will learn ISI dance step sequence patterns for Freestyle 4 and 5, and must pass this class in order to complete both Freestyle 4 and 5. For skaters in Freestyle 3, 4 or 5.

Cabin John Ice Rink

61148	5 & up	6 Classes	\$144	1/10	Sa	10:15am-11:00am
61429	5 & up	6 Classes	\$144	2/28	Sa	10:15am-11:00am

Freestyle 5

Prerequisite: Freestyle 4. Learn lutz jump, axel jump, camel spin, combination spin (camel-sit-upright), and a fast back scratch spin. In order to complete this level, the student must also pass the dance step sequence class (offered separately).

Cabin John Ice Rink

61149	5 & up	6 Classes	\$144	1/10	Sa	11:00am-11:45am
61430	5 & up	6 Classes	\$144	2/28	Sa	11:00am-11:45am

Wheaton Ice Arena

62325	5 & up	6 Classes	\$96	1/15	Th	7:15pm-7:45pm
62326	5 & up	6 Classes	\$96	3/5	Th	7:15pm-7:45pm

Freestyle 6

Prerequisite: Freestyle 5. Learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

Wheaton Ice Arena

62327	All Ages	6 Classes	\$96	1/15	Th	7:15pm-7:45pm
62328	All Ages	6 Classes	\$96	3/5	Th	7:15pm-7:45pm

Freestyle 7

Prerequisite: Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleys.

Wheaton Ice Arena

62329	All Ages	6 Classes	\$96	1/15	Th	7:15pm-7:45pm
62330	All Ages	6 Classes	\$96	3/5	Th	7:15pm-7:45pm

Specialty Offerings

Moves/Edges

These classes are designed for the Delta level and higher skater. Classes are designed to emphasize power, edge quality, extension of line and quickness or precision of skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges, Beginning

Cabin John Ice Rink

61154	5 & up	6 Classes	\$144	1/10	Sa	10:15am-11:00am
61150	8 & up	6 Classes	\$144	1/13	Tu	8:00pm-8:45pm
61152	8 & up	6 Classes	\$144	1/15	Th	9:30am-10:15am
61435	5 & up	6 Classes	\$144	2/28	Sa	10:15am-11:00am
61431	8 & up	6 Classes	\$144	3/3	Tu	8:00pm-8:45pm
61433	8 & up	6 Classes	\$144	3/5	Th	9:30am-10:15am

Moves/Edges, Intermediate/Advanced

Cabin John Ice Rink

63951	5 & up	6 Classes	\$144	1/10	Sa	11:00am-11:45am
61153	8 & up	6 Classes	\$144	1/13	Tu	8:45pm-9:30pm
61151	8 & up	6 Classes	\$144	1/15	Th	10:15am-11:00am
61436	5 & up	6 Classes	\$144	2/28	Sa	11:00am-11:45am
61434	8 & up	6 Classes	\$144	3/3	Tu	8:45pm-9:30pm
61432	8 & up	6 Classes	\$144	3/5	Th	10:15am-11:00am

Wheaton Ice Arena

62331	8 & up	6 Classes	\$96	1/15	Th	6:45pm-7:15pm
62332	8 & up	6 Classes	\$96	3/5	Th	6:45pm-7:15pm

Ice Dancing Fundamentals

Prerequisite: Gamma level or equivalent skating ability. Introduction to basic ice dancing steps, including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. Students will combine all of these elements by focusing on the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance.

Cabin John Ice Rink

61155	5 & up	6 Classes	\$144	1/12	M	9:15pm-10:00pm
61437	5 & up	6 Classes	\$144	3/2	M	9:15pm-10:00pm

Now Hiring!

Positions are available at both Cabin John and Wheaton Ice rinks. Part- and full-time available; evenings and weekend hours for some jobs. Minimum age 16. It's a great way to get into the Parks!

We're looking for:

- Skate Guards
- Food Service Staff
- Cashiers
- Customer Service Reps
- Custodians
- Rink Attendants

Stop by or call for more information.





WINTER 2008



Glide on over to Wheaton Ice Arena for Winter

Group Skating Lessons

Ice skating

(all levels, from beginner to advanced)

*

Ice dance and freestyle

*

Ice hockey

*

New! Parent-child classes

Private instruction also available;
see our website for details.

Register online at ParkPASS.org

REGISTER DEC. 22-JAN. 5 FOR JAN. CLASSES

REGISTER FEB. 20-24 FOR FEB./MARCH CLASSES

Special Events!

Keep Your Neighbors Warm Skate

Friday, November 14 | 12:30-2:30, 4:30-6 & 8-10pm
Donate new or gently used winter clothing and skate for \$3.50

Holiday Skating Spectacular

Saturday, December 13 | 5:15-6:45pm
Watch local skating stars in our annual show. Free! Please bring non-perishable food items for people in need.

National Skating Month Celebration

Saturday, January 17
Free Skating Lessons 1:45-2:45pm
Cheapskate Public Session 3-5pm (\$6.25/person)
Skate Swap and Pro Shop sale all day long too!

Friendship Skate

Monday, January 26 | 3:30-5:30pm
Bring a buddy and skate two for one—just \$6.25 covers admission and skate rentals for you both!

Sweetheart Skate

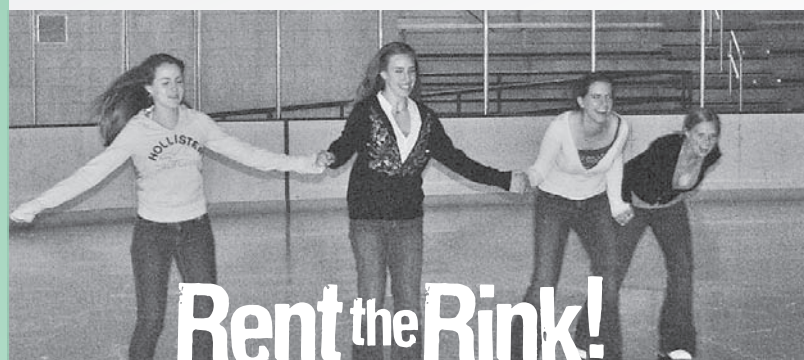
Friday, February 13 | 8-10pm
Bring your sweetie and both of you skate for just \$6.25

Teen Skate Nights

First Friday of every month | 8-10pm
\$6.25 admission & skates

Public Skating

Daily sessions; pick up a schedule at the rink or at
WheatonIceArena.com



Rent the Rink!

The **coolest** spot in
Montgomery County!

Rent the entire **Wheaton Outdoor Rink** complex
for your next birthday party or celebration for just \$175 an hour.

This special party package includes use of:

- ▶ Covered, NHL-sized ice skating rink (capacity: 450)
- ▶ Large, completely enclosed (and heated) adjacent room
- ▶ Tables and chairs, vending machines and restrooms

Skate rentals are available. Hire a skate guard for \$10/hour;
2 week's notice required.



11717 Orebaugh Avenue • Wheaton, MD 20902 • 301-649-3640
301-649-2250 (recorded info) • WheatonIceArena.com

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Ice Hockey

Hockey - Beginner

Students will learn the fundamentals of hockey skating and stick handling. Equipment required: Caged helmet, elbow and knee pads (rollerblading type okay), gloves, cup, **hockey** skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Wheaton Ice Arena

62335	5 & up	6 Classes	\$96	1/10	Sa	10:45am-11:15am
62336	5 & up	6 Classes	\$96	2/28	Sa	10:45am-11:15am

Hockey - Initiation

Prerequisite: Passed Hockey - Beginner. Students will learn skating skills, hockey drills, and game rules. Equipment required: Caged helmet, elbow and knee pads (rollerblading type okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Wheaton Ice Arena

62337	5 & up	6 Classes	\$144	1/11	Su	9:45am-10:30am
62338	5 & up	6 Classes	\$144	3/1	Su	9:45am-10:30am

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in **hockey** skates. Skills taught include how to hold the stick correctly, stand in place and hop, forward skating using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly. Equipment required: Caged helmet, elbow pads and knee pads (rollerblading pads okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick hockey gloves and shin guards.

Cabin John Ice Rink

60903	4-5yrs	6 Classes	\$96	1/9	F	2:30pm-3:00pm
60904	4-5yrs	6 Classes	\$96	1/10	Sa	10:00am-10:30am
60901	4-5yrs	6 Classes	\$96	1/13	Tu	5:15pm-5:45pm
60902	4-5yrs	6 Classes	\$96	1/15	Th	4:45pm-5:15pm
61180	4-5yrs	6 Classes	\$96	2/28	Sa	10:00am-10:30am
61177	4-5yrs	6 Classes	\$96	3/3	Tu	5:15pm-5:45pm
61178	4-5yrs	6 Classes	\$96	3/5	Th	4:45pm-5:15pm
61179	4-5yrs	6 Classes	\$96	3/6	F	2:30pm-3:00pm
60906	6-8yrs	6 Classes	\$144	1/10	Sa	9:15am-10:00am
60905	6-8yrs	6 Classes	\$96	1/13	Tu	4:45pm-5:15pm
61183	6-8yrs	6 Classes	\$144	2/28	Sa	9:15am-10:00am
61181	6-8yrs	6 Classes	\$96	3/3	Tu	4:45pm-5:15pm
61182	6-8yrs	6 Classes	\$96	3/5	Th	6:00pm-6:30pm

Mitey Mites Hockey 2

Prerequisite: Passed Pre-Alpha Plus in **hockey** skates or Mitey Mites 1. Skills taught: one-foot stride, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles and intro to forward C-cuts. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow and knee pads, cup.

Cabin John Ice Rink

60922	4-5yrs	6 Classes	\$96	1/9	F	5:00pm-5:30pm
60923	4-5yrs	6 Classes	\$96	1/10	Sa	10:30am-11:00am
61198	4-5yrs	6 Classes	\$96	2/28	Sa	10:30am-11:00am
61197	4-5yrs	6 Classes	\$96	3/6	F	5:00pm-5:30pm
60925	6-8yrs	6 Classes	\$144	1/10	Sa	8:30am-9:15am

60924	6-8yrs	6 Classes	\$144	1/15	Th	4:00pm-4:45pm
61201	6-8yrs	6 Classes	\$144	2/28	Sa	8:30am-9:15am
61199	6-8yrs	6 Classes	\$144	3/3	Tu	5:45pm-6:30pm
61200	6-8yrs	6 Classes	\$144	3/5	Th	4:00pm-4:45pm

Mitey Mites Hockey 3

Prerequisite: Mitey Mites 2. Skills taught include back swizzles with two-foot glide, introduction to forward power turn, forward C-cut, forward crossovers, hockey stop introduction, introduction to backward C-cuts and backward skating. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow and knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

60940	4-8yrs	6 Classes	\$144	1/9	F	6:00pm-6:45pm
60941	4-8yrs	6 Classes	\$144	1/10	Sa	7:45am-8:30am
60939	4-8yrs	6 Classes	\$144	1/15	Th	5:15pm-6:00pm
61218	4-8yrs	6 Classes	\$144	2/28	Sa	7:45am-8:30am
61215	4-8yrs	6 Classes	\$144	3/3	Tu	4:00pm-4:45pm
61216	4-8yrs	6 Classes	\$144	3/5	Th	5:15pm-6:00pm
61217	4-8yrs	6 Classes	\$144	3/6	F	6:00pm-6:45pm

Mitey Mites Hockey 4

Prerequisite: Mitey Mites 3. Skills taught include forward crossovers in a figure-eight pattern, back C-cuts, back crossovers on a circle, hockey stop and back V-stop. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow and knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

60946	4-8yrs	6 Classes	\$144	1/9	F	3:45pm-4:30pm
60947	4-8yrs	6 Classes	\$144	1/10	Sa	7:45am-8:30am
61224	4-8yrs	6 Classes	\$144	2/28	Sa	7:45am-8:30am
61223	4-8yrs	6 Classes	\$144	3/6	F	3:45pm-4:30pm

Mitey Mites Hockey 5

Prerequisite: Mitey Mites 4. Skills taught: forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-eight pattern and on a circle, forward edges, two-foot turn, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. Equipment required: Caged helmet, curved blade on stick, hockey gloves and pants, hockey skates (rentals available), elbow and knee pads, shin guards and cup.

Cabin John Ice Rink

60948	4-8yrs	6 Classes	\$144	1/10	Sa	7:45am-8:30am
61225	4-8yrs	6 Classes	\$144	2/28	Sa	7:45am-8:30am

Hockey 1

Prerequisite: Passed Pre-Alpha in **hockey** skates. Skills taught include forward stroking, one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stop, backward swizzles, forward C-cuts and one-foot stride on a circle. Equipment required: Caged helmet, elbow and knee pads (rollerblading pads okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Cabin John Ice Rink

60983	9-13yrs	6 Classes	\$144	1/10	Sa	8:30am-9:15am
61260	9-13yrs	8 Classes	\$144	2/28	Sa	8:30am-9:15am



Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates. Skills taught include forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stop, back swizzles with a two-foot glide, introduction to back C-cuts, forward crossovers on a figure eight and forward edges. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

60983	9-13yrs	6 Classes	\$144	1/10	Sa	8:30am-9:15am
61260	9-13yrs	6 Classes	\$144	2/28	Sa	8:30am-9:15am

Hockey 3

Prerequisite: Passed Alpha or above in hockey skates. Skills taught include back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turn and backward one-foot glide. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

60998	9-13yrs	6 Classes	\$144	1/10	Sa	8:30am-9:15am
61273	9-13yrs	6 Classes	\$144	2/28	Sa	8:30am-9:15am

Hockey: Teen/Adult

Prerequisite: Pre-Alpha Plus. Students will learn the beginning fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Full gear required (hockey pants/shoulder pads optional): rental hockey skates available.

Cabin John Ice Rink

63956	11 & up	6 Classes	\$144	1/14	W	8:15pm-9:00pm
63957	11 & up	6 Classes	\$144	3/4	W	8:15pm-9:00pm

Power Skating for Hockey

Pre-requisite: Alpha or equivalent. Power skating is for kids who want to learn skating skills for hockey. This class will take existing skills to the next level with emphasis on speed, quickness, power, and technique. Full gear required.

Wheaton Ice Arena

62339	7-12yrs	6 Classes	\$96	1/11	Su	10:30am-11:00am
62340	7-12yrs	6 Classes	\$96	3/1	Su	10:30am-11:00am

Parent and Tot Hockey

What's more fun than learning to pass the puck to Mom or Dad? This is a great introduction to hockey for parents and their children (ages 3-5). Basic skating and stick handling skills will be covered. Equipment required: Bike helmet (or caged hockey helmet), knee pads, elbow pads and any type of gloves. Rental hockey skates are available; sticks provided. Please register only the child; fee covers one child and one parent. Prerequisite: Passed Tot 1 or 2.



No School?

parkplayday

No Problem!

Montgomery County Public Schools are off today, and you have to work. Or maybe you already have plans, need the day to yourself, or just want to give the kids a treat. Park Play Days are here for you! On many of the days MCPS are *off* (teachers' trainings, some holidays, etc.), Park Play Days are *on*. Bring your 6-13 year-old children for a day full of fun, including a tennis lesson, ice skating lesson, arts & crafts, and fun team games and sports. Activities may vary; extended care available on some days (see below).

Cabin John Ice Rink

64599	6-13yrs	1 Class	\$27	12/29	M	9:00am-3:00pm
64600	6-13yrs	1 Class	\$27	12/30	Tu	9:00am-3:00pm
60803	6-13yrs	1 Class	\$35	1/26	M	9:00am-5:00pm

Wheaton Ice Arena

60799	6-13yrs	1 Class	\$35	12/22	M	9:00am-5:00pm
60800	6-13yrs	1 Class	\$35	12/23	Tu	9:00am-5:00pm
60801	6-13yrs	1 Class	\$35	12/29	M	9:00am-5:00pm
60802	6-13yrs	1 Class	\$35	12/30	Tu	9:00am-5:00pm
60804	6-13yrs	1 Class	\$35	1/26	M	9:00am-5:00pm

Park Play Day - Extended Care

Need to drop off and/or pick up your child a little earlier or later for a Park Play Day? Sign up for extended care before/after for \$7/hour. Please pick up your kids on time; late fee is \$1 per minute.

Cabin John Ice Rink

60816	6-13yrs	1 Class	\$7	1/26	M	8:00am-9:00am
60817	6-13yrs	1 Class	\$7	1/26	M	5:00pm-6:00pm

Wheaton Ice Arena

60808	6-13yrs	1 Class	\$7	12/22	M	8:00am-9:00am
60809	6-13yrs	1 Class	\$7	12/22	M	5:00pm-6:00pm
60810	6-13yrs	1 Class	\$7	12/23	Tu	8:00am-9:00am
60811	6-13yrs	1 Class	\$7	12/23	Tu	5:00pm-6:00pm
60812	6-13yrs	1 Class	\$7	12/29	M	8:00am-9:00am
60813	6-13yrs	1 Class	\$7	12/29	M	5:00pm-6:00pm
60814	6-13yrs	1 Class	\$7	12/30	Tu	8:00am-9:00am
60815	6-13yrs	1 Class	\$7	12/30	Tu	5:00pm-6:00pm
60818	6-13yrs	1 Class	\$7	1/26	M	8:00am-9:00am
60819	6-13yrs	1 Class	\$7	1/26	M	5:00pm-6:00pm

Cabin John Ice Rink

60900	3-5yrs	6 Classes	\$96	1/10	Sa	8:30am-9:00am
63949	3-5yrs	6 Classes	\$96	1/10	Sa	9:00am-9:30am
60899	3-5yrs	6 Classes	\$96	1/13	Tu	11:00am-11:30am
61175	3-5yrs	6 Classes	\$96	2/28	Sa	8:30am-9:00am
63950	3-5yrs	6 Classes	\$96	2/28	Sa	9:00am-9:30am
61176	3-5yrs	6 Classes	\$96	3/3	Tu	11:00am-11:30am

Wheaton Ice Arena

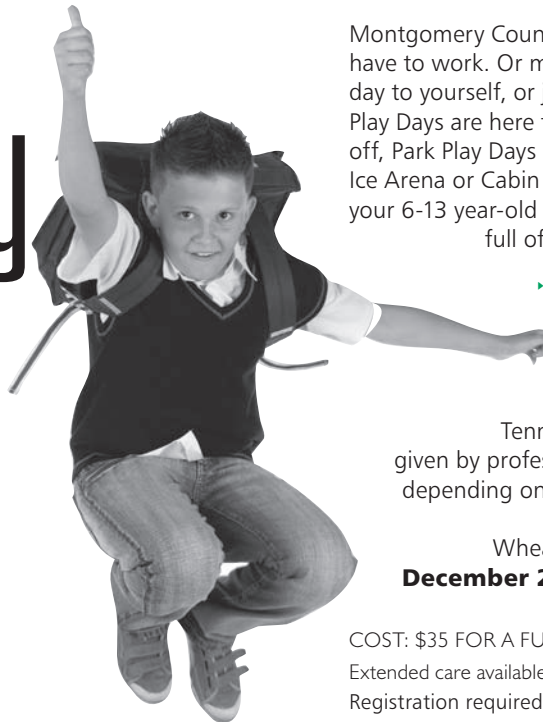
62333	3-5yrs	6 Classes	\$96	1/10	Sa	10:15am-10:45am
62334	3-5yrs	6 Classes	\$96	2/28	Sa	10:15am-10:45am

Affordable PR*



***Parental Relief**

No School?
parkplayday
No Problem!



Montgomery County Public Schools are off today, and you have to work. Or maybe you already have plans, need the day to yourself, or just want to give your kids a treat. Park Play Days are here for you! On many of the days MCPS are off, Park Play Days are on at Wheaton Ice Arena or Cabin John Ice Rink. Bring your 6-13 year-old children for a day full of fun, including...

- ▶ Tennis Lesson
- ▶ Ice Skating Lesson
- ▶ Arts & Crafts
- ▶ Team Games & Sports



Tennis and ice skating lessons are given by professional instructors; activities may vary depending on group size and interests.

Wheaton Ice Arena Park Play Days:
December 22 & 23, 29 & 30, and January 26

COST: \$35 FOR A FULL DAY (9AM-5PM)

Extended care available some days for an additional fee.

Registration required; see page 114 for ParkPASS course numbers.



Parents' Date Nights



Drop off the kids (ages 6-13) at the Wheaton Outdoor Rink for ice skating, games, arts and crafts, and dinner... while the two of you enjoy an evening together, alone!

If you'd like to skate, too, come on up to the Indoor Rink for the Adult Skate (7-9pm, \$6.25 each... and your skates rentals are free), then pick up your kids afterwards. It's fun for everyone!

COST: \$25 FIRST CHILD (AGES 6-13); \$15 EACH ADDITIONAL CHILD

SATURDAY, DECEMBER 6	6:30-9:30PM	PARKPASS #64449
SATURDAY, JANUARY 24	6:30-9:30PM	PARKPASS #64450
SATURDAY, FEBRUARY 21	6:30-9:30PM	PARKPASS #64451



11717 Orebaugh Avenue • Wheaton, MD 20902
301-649-3640 • 301-649-2250 (recorded info)
WheatonIceArena.com

Montgomery Parks
M-NCPCC
It's all right here!



Trips & Excursions

In order to ensure a pleasant experience for all, please take note of the age ranges for each trip. Sign up early to avoid disappointment!

Black Hill Visitor Center

Van Trip: Homestead Gardens

Join Naturalist Denise Gibbs for a visit to the festive holiday displays and flowers at Homestead Gardens near Annapolis. We'll also make a brief stop at Homestead's Llama Barn to see the resident llamas. It's a great place to do some holiday shopping, and there'll be room in the van to bring your plants and other purchases home. Bring money for lunch at a local seafood restaurant. FOBH: \$16.

Black Hill Visitor Center

64100 18 & up 1 Class \$20 12/3 W 9:30am-3:30pm

Van Trip: Festival of Wreaths

Come see the lovely display of holiday wreaths at the Carroll Arts Center in Westminster, Maryland, then stroll around Main Street and have lunch at a local restaurant. Dress for the weather, wear your walking shoes and bring money for lunch. FOBH \$18

Black Hill Visitor Center

62963 18 & up 1 Class \$20 12/4 Th 9:30am-2:30pm

Medford Quarry Tour

Descend into the very bowels of the earth with geologist Page Herbert and Naturalist Glenn Cumings at Medford Quarry in Lisbon, MD. We'll learn how marble is formed, mined and processed, how calcium carbonate is used to extract sulfur from coal (so that it burns cleaner and more cheaply), and how it re-crystallizes to form marble. Then we'll go hunting for beautiful large calcite crystals and cut minerals (formed millions of years ago by volcanoes!) to take home as souvenirs of our trip. FOBH \$20

Black Hill Visitor Center

63010 12 & up 1 Class \$25 12/6 Sa 10:00am-2:30pm

Waterfowl Tour

Join Volunteer Naturalist Kate Tufts and Naturalist Denise Gibbs to explore some of Howard County's best spots for viewing ducks, geese and swans. We'll visit lakes, private and public farms, and Brighton Dam. Dress for the weather and bring boots (some sites can be soggy), binoculars and money for lunch at a local restaurant. Transportation and spotting scopes provided. FOBH: \$16.

Black Hill Visitor Center

64099 18 & up 1 Class \$20 12/8 M 8:00am-4:00pm



Van Trip: Woodpecker Hike & Cookout



Shake off the winter blues and take an invigorating loop hike along the Potomac River and C&O Canal. See massive sycamore trees (some of the biggest trees in Montgomery County!), and use our high-quality, wide-angle binoculars to view the amazing woodpeckers up close. After the hike, enjoy delicious hotdogs cooked by Master Chef/

Naturalist Glenn Cumings, and sip some "Sapsucker Hot Chocolate," too. Please wear waterproof boots. Children must be accompanied by an adult; please register and pay for all participants. FOBH \$8

Black Hill Visitor Center

62068 5 & up 1 Class \$10 12/30 Tu 1:00pm-4:15pm

Winter Photography Excursion

Travel with us to the spectacular Sideling Hill road cut, site of the largest exposed syncline (a downward-curving "fold" in the earth) in the eastern United States. There'll be countless opportunities for great shots at this spot near Hancock, MD, including the exquisite blue icicles and pastel ice flows cascading down the vertical cliffs of the cut. We'll also visit an outstanding overlook of Town Creek Valley, and the flooded frozen forest of the C&O Canal at Town Creek Aqueduct. Bring extra batteries, your charger, and money for a delicious lunch at the Road Kill Cafe (homemade pie!). FOBH \$20

Black Hill Visitor Center

62099 18 & up 1 Class \$25 2/3 Tu 9:30am-6:30pm

Van Trip: Historic Covered Bridges

Take a day trip with us to explore Frederick County's beautiful covered bridges—all three listed on the National Register of Historic Places—and enjoy a warm winter picnic at Loy Station Park. We'll be indoors and out, so please dress in layers. FOBH \$16

Black Hill Visitor Center

63649 18 & up 1 Class \$18 2/18 W 9:30am-2:30pm

Volcanoes in Maryland?

Travel back in time (600 million years!) with Naturalist Glenn Cumings to learn about live volcanoes that spewed lava for 50 million years around Catoctin and South Mountain. On the way to Myersville, we'll stop to collect meta-basalt (volcanic rock) samples. Then we'll visit Geasey Farm to see their amazing volcanic fireplace, look at Native American artifacts (tools and implements made out of meta-rhyolite—another kind of volcanic rock), and visit the ancient Indian quarry to collect volcanic rocks to take home.

Black Hill Visitor Center

63800 12 & up 1 Class FREE 2/25 W 11:00am-5:30pm

Brookside Gardens

Philadelphia Flower Show

Ah, bella Italia! Make your reservations now for the best flower show on the East Coast: the 2009 Philadelphia Flower Show. This year's show, "Bella Italia," will take you on a tour of Italy—from the rolling hills and vineyards of Tuscany to the shores of the Italian Riviera. Celebrate the landscapes and gardens, natural beauty, culture, art, food and music of Italy. Bring your gardening questions, attend a free lecture, or shop the Marketplace. The Flower Show offers imaginative ideas for the home, and a chance to welcome spring. Fee includes coach transportation, entrance fee, and light snacks on the bus. Your lunch/dinner may be purchased at the show.

Brookside Gardens

58361	18 & up	1 Class	\$79	3/3	Tu	7:15am-7:30pm
58362	18 & up	1 Class	\$79	3/3	Tu	7:15am-7:30pm
58363	18 & up	1 Class	\$79	3/5	Th	10:45am-11:00pm

Locust Grove Nature Center

Afternoon Tea at Woodlawn Manor

Give yourself a valentine treat of historical significance! Join us for a three-course, formal tea at the gracious Woodlawn Manor (circa 1774) in Sandy Spring. The authentic tea will include scones, tea sandwiches, desserts and, of course, fine English tea. We'll also take a tour of the manor, learning about its 18th century portraits and its various outbuildings, including the stone barn, slave log cabin, smokehouse, and general store. Transportation provided from Locust Grove. Registration closes 2/6/09.

Locust Grove Nature Center

61649	18 & up	1 Class	\$25	2/13	F	12:15pm-3:00pm
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Meadowside Nature Center



Mount Vernon by Candlelight

Catch the spirit of the holiday season with a colonial-style dinner at the Mount Vernon Inn, followed by a candlelight tour of George Washington's home on the Potomac. "Mrs. Washington" will greet us, share stories about her contemporaries, and tell us what it's like living on

this historic plantation. Bring money for dinner and dress for the weather. Naturalist: Sandy Staples

Meadowside Nature Center

63016	18 & up	1 Class	\$38	12/12	F	3:00pm-9:30pm
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Washington at Night by Trolley

Many Washingtonians have never seen Washington's monuments at night—and it's especially lovely when the city is dressed for the holidays! We'll take a 2.5-hour trolley tour, and listen to our guide talk about the history, places and personalities that have made the city so special. Stops will include the U.S.M.C. War (Iwo Jima), FDR, Lincoln, and Korean War Veterans Memorials. Dress for the weather. We'll meet at Union Station at 6:45pm, but please call Meadowside to arrange group travel plans. Time listed below does not include travel to and from Union Station. Fee includes trolley fare.

Meadowside Nature Center

63023	18 & up	1 Class	\$37	1/2	F	6:45pm-9:15pm
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Hillwood Museum and Tea

Celebrate Valentine's Day at beautiful Hillwood Estate and Museum in Northwest D.C. We'll explore various collections from Marjorie Merriweather Post's extensive treasure trove of 18th and 19th century Russian Imperial art, 18th century French decorative arts, jewelry and more. Then at 3

pm, we'll enjoy high tea, featuring a royal selection of savories, sweets and teas. You may want to bring a light snack or grab a bite at the Hillwood Cafe to tide you over until teatime. Fee includes museum admission and tea. Naturalist: Sandy Staples

Meadowside Nature Center

63044	18 & up	1 Class	\$40	2/12	Th	11:00am-5:00pm
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President's Day in Fredericksburg

Celebrate George Washington's birthday with a visit to his birthplace and Ferry Farm, where he grew up. After lunch, we'll continue to explore the city of Fredericksburg with at least one more stop (depending on the special events scheduled for the holiday). Naturalist: Sandy Staples

Meadowside Nature Center

63049	18 & up	1 Class	\$35	2/16	M	8:00am-6:00pm
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Birding at the Patuxent National Wildlife Refuge

Join Naturalist Sandy Staples to discover the wide variety of winter birds at the Patuxent National Wildlife Refuge. After exploring the north and south tracts of the refuge, we'll and enjoy a hot lunch together in Laurel. Please bring money for lunch, dress warmly in layers and bring binoculars.

Meadowside Nature Center

63050	18 & up	1 Class	\$20	2/19	Th	9:00am-6:00pm
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Explore **WILD** Montgomery

Friday, December 5

Meadowside Nature Center

Early Morning Hike at Great Falls

Meet Naturalist Sandy Staples at Great Falls on the Maryland side to explore the birds and native wildlife along the Potomac River. Easy hike; dress for the weather. Reservations required. Call (301) 924-4141 for more information and directions.

63015 18YRS&UP FREE 9:30-11:30AM

Friday, December 5

Black Hill Visitor Center

Bog Iron Field Trip

What is bog iron? How is it formed? Bog iron was recently discovered at Little Bennett Regional Park, so we'll spend some time there learning what it is, how it's formed, and its significance to both Woodland Indians and Colonial Americans. We'll also tour part of beautiful Browning Run Trail, and explore the rich diversity of its plant and wildlife (great birding, too!). Offsite program; for detailed directions, print your ParkPASS registration confirmation.

63799 18YRS&UP FREE 11AM-1PM

Wednesday, December 17

Black Hill Visitor Center

Little Bennett Course

Join Park Naturalist Denise Gibbs for an easy walk in Montgomery Parks' largest park. Denise will guide you on a scenic, peaceful loop along park ridge and valley trails, looking for animals and their signs along the way. Meet at Hawks Reach Activity Center, 23701 Frederick Road in Clarksburg; enter at the Little Bennett Campground sign on Rt. 355. Reservations required.

63999 18YRS&UP FREE 10 AM - NOON

Sunday, January 11

Brookside Nature Center

Explore a Park

New to the area, or just want to get out for a hike? Join us as we take a 2-3-mile hike and explore the Cabin John Stream Valley Park. Meet at the Cabin John Indoor Tennis/Locust Grove Nature Center parking lot, 7777 Democracy Blvd. in Bethesda. Free; reservations required.

60641 18YRS&UP FREE 10AM-12PM

Saturday, January 17

Brookside Nature Center

Ladies Hike Out

Want to hike but don't know where to go? Meet other women and hike some park trails together. Today we'll hike the Goldmine Loop

toward the C & O Canal. This is a moderate hike, with a 200-foot elevation change. Meet at Rockwood Manor, 11001 MacArthur Blvd. in Potomac. Reservations required.

60644 18YRS&UP FREE 3-5PM

Saturday, January 24, 2009

Brookside Nature Center

Winter Walk at Rachel Carson

Explore a new park and find out where the foxes and other animals go during the winter. Meet in the parking lot at 22201 Zion Road in Brookeville. Reservations required.

62298 2YRS&UP FREE 11AM-12PM

Monday, January 26

Black Hill Visitor Center

Cabin Branch Hike

Explore the lakeshore and woods in Black Hill Regional Park on this easy (1-1½ mile) hike with Park Naturalist Lynette Lenz. We'll start by the lake, observing the winter waterfowl, then head for the woods to see what we can see on the Cabin Branch Trail. Wear your hiking boots, dress for the outdoors, and don't forget your water and camera. Hot cocoa in the parking lot after the hike. Reservations required.

63851 6YRS&UP FREE 1 - 3 PM

Thursday, February 5

Locust Grove Nature Center

Blue Mash Hike

The natural surface trails around the beautifully reclaimed Oaks Landfill in Olney traverse mixed habitats, including marshland, forests and open water. On this moderate hike (1.5 miles one-way, 3 miles round trip), you'll see a wide variety of wintering waterfowl, woodpeckers, kinglets and other hardy birds, and hear some local history from your Park Naturalist guide along the way. Bring binoculars and dress for the weather. Trails can be muddy, so boots are a good idea. Meet in the parking lot off Zion Rd.; call 301-299-1990 for directions. Reservations required.

61549 18YRS&UP FREE 9:30-11:30AM

Friday, February 20

Meadowside Nature Center

Damascus Recreational Park Hike

Meet at Damascus Recreational Park and amble through this peaceful stream valley with Park Naturalist Sandy Staples. Keep your eyes open for the many native birds and other wildlife! Reservations required. Call (301) 924-4141 for directions and more information.

63051 18YRS&UP FREE 9:30-11:30AM

Great Green Getaways

GREAT SPRING WILDFLOWER VIEWING

- 1** C&O Canal National Historical Park

GREAT WATERS FOR CANOEING OR KAYAKING

- 2** Potomac River/C&O Canal, Pennyfield Lock

GREAT BIRD WATCHING SPOT

- 3** Blue Mash Nature Trail

GREAT BUTTERFLY WATCHING SPOT

- 4** Black Hill Regional Park

GREAT FISHING

- 4** Black Hill Regional Park

GREAT URBAN SURPRISE

- 5** NW Branch Stream Valley Park

GREAT VIEWS

- 6** Blockhouse Point Conservation Park
7 C&O Canal National Historical Park

GREAT STRENUOUS HIKE

- 7** Billy Goat Trail, C&O Canal National Historical Park

GREAT MOUNTAIN BIKING AREA

- 8** Schaeffer Farm, Seneca Creek State Park

GREAT WILDLIFE VIEWING

- 9** McKee Beshers Wildlife Management Area

GREAT HISTORY HIKE

- 10** Underground Railroad Experience Trail

GREAT PLACES TO 'Get Away From it All!'

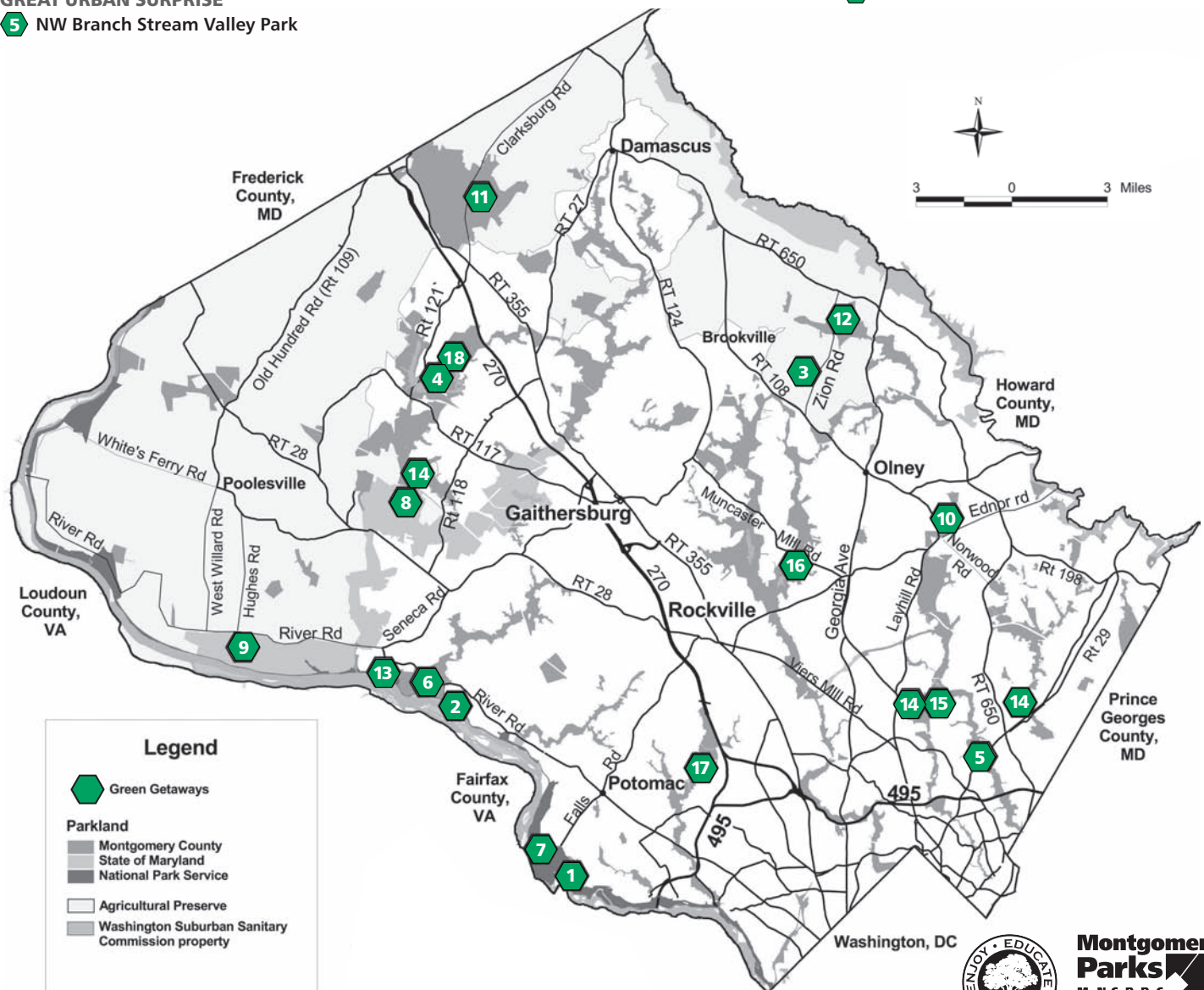
- 11** Little Bennett Regional Park
12 Rachel Carson Conservation Park

GREAT DISABILITY ACCESS HIKES

- 7** C&O Canal National Historical Park
13 Great Falls & "Violette's Lock"
14 Heart Smart Trails
(three trails, visit MontgomeryTrails.org)

MONTGOMERY COUNTY NATURE CENTERS

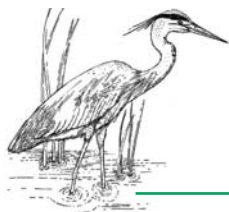
- 15** Brookside Nature Center
16 Meadowside Nature Center
17 Locust Grove Nature Center
18 Black Hill Visitor Center



WildMontgomery.org



Montgomery Parks
MNCPPC
It's all right here!



Black Hill Visitor Center

Black Hill Regional Park • 20926 Lake Ridge Dr. • Boyds, MD 20841
301-916-0220 • BlackHillNature.org

Open Saturdays & Sundays, 11am-5pm (November-March). Trails open 6am-sunset.
ParkPASS registration required for all programs unless otherwise noted. For group reservations or other assistance, call us!

Toddlers Ages 0-6

Storytime at Black Hill Visitor Center

Learn about different aspects of the natural world through stories, hikes and crafts with a different nature topic each course. Activities are designed for children ages 3-6, accompanied by an adult. No underage siblings, please. Dress warmly in layers, wear a hat that covers your ears & winter boots with wool or polar fleece, socks and gloves. Pay for child only. FOBH \$4

• Sleepers and Creepers

Under logs, rocks and leaves, life sleeps. Above ground, life creeps, crawls and carries on! Join in the fun as we find the beautiful dreamers, gently wake them and put them back to sleep; then search the woods for winter's active animals and their signs.

64399 3-6yrs 1 Class \$6 2/5 Th 11:00am-12:45pm

• Willy Winter Fox

Join us for tales of survival, patience and determination as Mr. Fox works to oulast the harsh winter. We'll touch real fox pelts and a fox skull, learn how to call foxes, and identify fox tracks outside. Make a furry fox craft, too!

64400 3-6yrs 1 Class \$6 2/18 W 11:00am-12:45pm

• Beaver Tales

Tail-slapping fun with stories about our beloved furry friends, plus a cool make-and-take beaver lodge craft, complete with Ma, Pa and the baby beavers! We'll also take a short walk to visit an active beaver lodge.

62067 3-6yrs 1 Class \$6 1/22 Th 1:00pm-2:45pm

Babes in the Park

Children and their parents explore the park and all the wonders of nature through guided hikes, stories and a craft. Dress for the weather. Fee is for the child only. FOBH \$3

62899 3-6yrs 1 Class \$4 12/16 Tu 11:00am-11:45am

62900 3-6yrs 1 Class \$4 12/17 W 11:00am-11:45am

62901 3-6yrs 1 Class \$4 1/6 Tu 11:00am-11:45am

62902 3-6yrs 1 Class \$4 1/7 W 11:00am-11:45am

62903 3-6yrs 1 Class \$4 2/10 Tu 11:00am-11:45am

62904 3-6yrs 1 Class \$4 2/11 W 11:00am-11:45am

Wendy Wolf Spider Gets Her Winter Wool!

Learn all about wolf spiders and their relatives, the tarantulas! Help Wendy the Wolf Spider get her winter "wool" with a giant take-home craft; then take a short walk to find real hibernating wolf spiders. We'll wake them up, say "hi," then put them back to sleep. FOBH \$3.

62066 3-6yrs 1 Class \$4 1/13 Tu 11:00am-1:00pm

Children Ages 6-12

Nature's Explorers

Homeschooled children ages 6-12 learn about different aspects of nature and science. FOBH \$5

62905 6-12yrs 1 Class \$6 12/18 Th 1:30pm-3:00pm

62906 6-12yrs 1 Class \$6 1/29 Th 1:30pm-3:00pm

62907 6-12yrs 1 Class \$6 2/19 Th 1:30pm-3:00pm

Mixed Ages Ages 0-17

Woodsmoke Tales Campfire and Night Hike

Take a short hike along frosty Little Seneca Creek, then toast your tootsies around a roaring indoor fire! Afterwards, we'll tell tall tales and sing holiday songs, munch on hot dogs and s'mores, and sip gently warmed cinnamon apple cider together. For the evening's finale, we'll go outside to the volunteer-operated, high-powered telescopes to see stunning views of stars and the planets of love (Venus) and war (Mars). Kids must be accompanied by parent or guardian; please register and pay only for the child. See your ParkPASS confirmation receipt for detailed directions. FOBH \$8.

62062 3-8yrs 1 Class \$10 12/4 Th 5:30pm-8:00pm

Who Stole the Groundhog's Fur?

Celebrate Groundhog's Day with groundhog stories, songs, games and prizes. We'll find out which animal is the fur thief, munch on yummy chocolate "groundhog scat" snacks, visit a real groundhog's burrow, and make a whimsical groundhog craft to take home, too! FOBH \$6

62064 3-6yrs 1 Class \$8 1/6 Tu 11:00am-1:00pm

Adults Ages 18 and up

Wild Montgomery Hike: Bog Iron!

Everything you ever wanted to know about bog iron (but were afraid to ask)! Bog iron was recently discovered at Little Bennett Regional Park, so we'll spend some time there learning what it is, how it's formed, and its significance to both Woodland Indians and Colonial Americans. We'll also hike part of beautiful Browning Run Trail, and explore the rich diversity of its plant and wildlife (great birding, too!). Offsite program; for detailed directions, print your ParkPASS confirmation receipt.

63799 18 & up 1 Class Free 12/5 F 11:00am-1:00pm

Hike to the Monster Sycamore Tree!

Think you've seen big sycamores? You ain't seen nothin' yet! Hidden away in a stream valley in Germantown, an incredibly large (humongous, even!) sycamore stands in all its glory. This tree is so big, nothing grows under it except some grass! Join naturalist Glenn Cumings as he leads a hike through a beautiful valley of old trees and rock outcroppings on the way to this magical tree. Better bring the wide-angle lens! FOBH \$8

62065 18 & up 1 Class \$10 1/8 Th 10:00am-12:30pm

Breakfast with the Birds of Black Hill

After a delicious breakfast (scrambled eggs with peppers, onions, bacon and herbs, cranberry juice or select coffee, served by your Park gourmand/Naturalist) join us for some fantastic birding! We'll look for home-grown eagles, ducks (wood, redhead, ring-necked, green-winged teal, goldeneye, canvasback, bufflehead and ruddy), grebes; common and hooded mergansers; and more! Van transportation, binoculars, scopes and hand warmers provided. FOBH \$8

62999 18 & up 1 Class \$10 1/21 W 10:00am-12:00pm

Wintering Waterfowl at Black Hill

Meet at the Visitor Center for a brief introduction to the ducks, geese and swans that spend the winter on Little Seneca Lake, and observe them from the deck. Afterwards, we'll carpool to a few good viewing spots around the lake. Dress for the weather and bring binoculars; spotting scopes provided. Volunteer Naturalist: Tim Gier. FOBH: \$4.

64106 18 & up 1 Class \$6 1/24 Sa 8:00am-10:00am



Valentine's Week Chocolate Celebration

The history of chocolate is rich and filled with romance, obsession, addiction and magic. We'll investigate the world's love affair with this amazing New World discovery, explore the cocoa tree's natural history, learn how chocolate is made, and enjoy samples of gourmet varieties and custom-blended chocolates from around the world. FOBH \$8

62071 18 & up 1 Class \$10 2/12 Th 12:30pm-2:30pm

Programs for All

Puppet Shows

Bring the whole family to enjoy these entertaining and educational puppet shows about nature, presented by our Volunteer Naturalist Puppet Troupe: Peg Dorgan, Judy Briggs, Barbara Kreiley and Karen Escalante. Each show will be followed by hands-on exploration of the natural history topic. FOBH free.

• Snow and More

Learn about and compare the designs of five different kinds of snow crystals by watching a puppet show, making a snowflake, and enjoying other winter fun activities. We'll be outside (weather permitting), so dress warmly.

64049 1 & up 1 Class \$1 1/17 Sa 11:00am-12:00pm

• Beaks, Feet and Feathers

Learn how different adaptations allow birds to live in various habitats and feed on different food sources by watching a puppet show, examining the beaks, feet and feathers of some birds, and taking a walk outside to view birds. Dress for the weather.

64050 1 & up 1 Class \$1 2/7 Sa 11:00am-12:00pm

• Teeth and Skulls

Learn about the differences in the teeth of plant-eating and meat-eating animals by watching a puppet show, examining animal skulls, and doing some activities that will demonstrate different ways animals eat.

64051 1 & up 1 Class \$1 2/21 Sa 11:00am-12:00pm

A Bird Walk for Families: Winter

Join Beth and Keith Hamilton, birders, educators, and owners of the Wild Birds Unlimited store in Germantown, for an afternoon of bird-watching fun in Black Hill Regional Park. Bring binoculars or borrow ours. Call for the December 7 "Owl Prowl" meeting place and directions; meet at Black Hill Visitor Center for January and February classes. Free; registration required.

63251 6 & up 1 Class Free 12/7 Su 5:00pm-7:00pm

63252 6 & up 1 Class Free 1/4 Su 1:00pm-2:00pm

63253 6 & up 1 Class Free 2/8 Su 1:00pm-2:00pm

Waterfowl Viewing at Sunset

Come watch for waterfowl off the back deck of the Visitor Center at sunset with us! We'll provide scopes and binoculars, and free hot cocoa to warm you. Please dress for the weather. Not appropriate for children under 6. FOBH \$3

63020 6 & up 1 Class \$3 12/16 Tu 4:30pm-6:00pm

63021 6 & up 1 Class \$3 2/4 W 4:30pm-6:00pm

63022 6 & up 1 Class \$3 2/24 Tu 4:30pm-6:00pm

Backyard Bird Treats

Learn which seed is preferred by which bird and where to place your feeders, then make treats for your backyard feathered friends. Dress for outside bird watching. Free; registration required.

62908 All Ages 1 Class Free 12/30 Tu 3:00pm-4:30pm

62909 All Ages 1 Class Free 1/25 Su 3:00pm-4:30pm

63043 All Ages 1 Class Free 2/7 Sa 9:00am-10:30am

Quartz Crystals & Stone Tree Ornaments

Adorn your holiday tree with the brilliance and beauty of nature with a crystal or polished semi-precious stone ornament you make yourself! These ornaments will be a treasured gift for a loved one, family member, or friend. We'll provide all the necessary materials (crystals, stones, low-temp glue guns, findings and hooks), festive holiday music, and delicious snacks. FOBH \$6

62061 8 & up 1 Class \$8 12/2 Tu 4:30pm-6:30pm

The Plight of the American Chestnut Tree

Learn about the plight of the American Chestnut tree in the 20th century, and current efforts to return the chestnut to the American landscape. Sharpen your tree identification skills through hands-on activities and a brisk walk in the park with Volunteer Naturalists Cindy Clark and Judy Crowell, followed by refreshments at the Visitor Center. Dress for the outdoors. FOBH free.

64101 6 & up 1 Class \$2 1/10 Sa 11:30am-1:00pm

Crystal Magic!

Winter is the time to explore all kinds of captivating, beautiful crystals—from exquisite ice crystals to brilliant quartz crystals and diamonds. Discover how crystals have been used in the past and now, and check out our collection of crystals from all over the world. Then capture the magic of your own crystal, and make a take-home crystal pendant set in a gold finding. Note: We'll be using low-temp glue guns. FOBH \$3.

62069 5 & up 1 Class \$4 1/15 Th 7:00pm-8:15pm

Gourd Birdhouses & Feeders

Create a birdfeeder or birdhouse from a gourd, designed and painted by you especially for your backyard birds. Gourds, patterns and paints supplied. Children must be accompanied by an adult. FOBH \$10

63250 10 & up 1 Class \$12 1/24 Sa 2:00pm-4:00pm

Orchids in the Home

Join Volunteer Naturalist Peg Dorgan and amateur orchid grower Laura Friemanis as they share tips on orchid propagation, how to grow orchids at home and how to re-pot an orchid. Meet in the greenhouse. All materials are provided, and there'll be a take home orchid for everyone! FOBH \$8.

64105 12 & up 1 Class \$10 1/24 Sa 10:30am-12:00pm

In Search of Flying Squirrels

Let's use our night vision to find Maryland's smallest flying squirrel—the Southern flying squirrel. We'll learn some squirrely facts, do hands-on activities and walk through the woods with special flashlights to the feeding station where these rambunctious nighttime gliders chow down. Enjoy warm refreshments at the Visitor Center after our hike. Volunteer Naturalists: Cindy Clark, Judy Crowell, and Ed Escalante. FOBH free

64104 6 & up 1 Class \$2 2/7 Sa 5:30pm-7:15pm

Beautiful Bluebirds

Beginning bluebird enthusiasts, come learn about these special native birds: where they live, how they nest, how to attract them to your yard, and how to help them survive year-round. Volunteer Naturalists: Ed Escalante and Donna Marino. FOBH: \$1.

64052 12 & up 1 Class \$2 2/14 Sa 10:00am-11:30am

Wild Montgomery Walk: Cabin Branch

Meet at the boat launch parking lot of Little Seneca Lake, Black Hill Regional Park. Wear your hiking boots dress for the outdoors and don't forget your water. We will have hot cocoa in parking lot afterwards. Free; registration required.

63851 6 & up 1 Class Free 1/26 M 1:00pm-3:00pm

Wild Montgomery Walk: Little Bennett

Join Park Naturalist Denise Gibbs for an easy walk within our system's largest park. Denise will guide you on a scenic and peaceful loop along park ridge and valley trails, looking for animals and their signs along the way. Meet at Hawks Reach Activity Center, 23701 Frederick Road, Clarksburg, MD 20871. Enter at the Little Bennett Campground Sign on Rt. 355 (Frederick Road). Free; registration required.

63999 18 & up 1 Class Free 12/17 W 10:00am-12:00pm

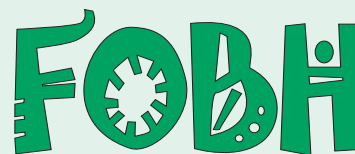
Friends of Black Hill Winter Meetings

If you love nature and live nearby, join us! Monthly meetings feature a short presentation on a natural history topic by a Black Hill Naturalist, and discussions on park programming and other issues. Meet at Black Hill Visitor Center. Free! No registration required.

63260 6yrs&up 1 Class Free 1/27 Tu 6:30-8:30pm

63261 6yrs&up 1 Class Free 2/24 Tu 6:30-8:30pm

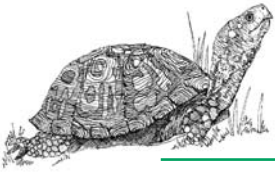
You Can Be a



Friends of Black Hill Visitor Center receive discounts on all Black Hill nature programs, enjoy special "Friends-only" events, and support and promote nature programs and special events offered through the Black Hill Visitor Center.

You can become a "FOBH" at a meeting, or visit www.BlackHillNature.org anytime, and click on "Becoming a Friend."





Brookside Nature Center

Wheaton Regional Park • 1400 Glenallan Ave. • Wheaton, MD 20902
301-946-9071 • BrooksideNature.org

Open Tuesday through Saturday, 9am-5pm, and Sunday 1-5pm.

Trails open daily, dawn to dusk. Registration is required for all programs unless stated otherwise.

Toddlers/Preschool Ages 0 – 6

Reservations required.

Shrinking Mouse

Hear the story of the “shrinking mouse” and take a walk to look for different-sized animals.

61998 3-5yrs 1 Class \$3 12/2 Tu 1:30pm-2:15pm

Getting Ready for Winter

Listen to a story about how animals get ready for winter, take a walk to look for places they live, and make a craft.

61999 3-5yrs 1 Class \$4 12/5 F 1:30pm-2:15pm

Cold Weather Homes

Take a walk with us to look for the places animals live when the weather turns cold.

62005 3-5yrs 1 Class \$3 12/6 Sa 10:30am-11:15am

Time for Tots: Winter Wonderland

It's a winter wonderland in the woods at Wheaton Regional Park! We'll share a story and walk among the snowflakes (c'mon, snow!).

60599 18-36mos 1 Class \$4 12/10 W 10:30am-11:15am

60600 18-36mos 1 Class \$4 12/10 W 11:30am-12:15pm

Winter Storytime and Craft

Winter has settled across the woods, so come warm up inside, listen to a wintery story, and make a cool craft with us.

60605 3-5yrs 1 Class \$5 12/16 Tu 11:30am-12:15pm

Animals in Winter

Listen to stories and feel different animal furs to learn how animals survive the winter cold.

60625 3-6yrs 1 Class \$3 12/23 Tu 10:00am-10:45am

Holiday Craft

Make a holiday craft from natural materials to beautify your home.

60222 3-5yrs 1 Class \$5 12/24 W 9:30am-10:15am

Holiday Bird Snacks

Share the spirit of giving with the birds by hiking to their feeders and leaving them some holiday treats.

60361 3-6yrs 1 Class \$3 12/27 Sa 10:00am-10:45am

Fill the Feeders

Hike with us and help fill feeders with seeds for the birds in the cold winter months.

60645 2-5yrs 1 Class \$0 1/18 Su 12:00pm-12:45pm

60646 2-5yrs 1 Class \$0 2/15 Su 12:00pm-12:45pm

Winter Pre-K Story and Craft

Listen to a cozy story and make a creative craft.

• Winter Wonderland

62045 3-5yrs 1 Class \$5 2/3 Tu 1:30pm-2:15pm

• Valentine Heart Bouquet

62046 3-5yrs 1 Class \$5 2/10 Tu 1:30pm-2:15pm

• African-American Story & Craft

62047 3-5yrs 1 Class \$5 2/17 Tu 1:30pm-2:15pm

Children & Youth Ages 6 – 12

Children under 8 should be accompanied by an adult.
Reservations required.

Cold Weather Birds

Take a walk to look for cold weather birds and the places they forage for food.

62006 6-12yrs 1 Class \$4 12/6 Sa 2:30pm-3:30pm

Twig Test

Can you identify trees that have lost their leaves? Study twigs up close and match them to their tree.

60602 6-12yrs 1 Class \$4 12/13 Sa 10:00am-11:00am

Trash to Toys

Make a ball and cup toy using materials we've salvaged from the recycling bin.

60636 6-12yrs 1 Class \$5 12/31 W 11:00am-12:00pm

How Cold Is It?

Where's the coldest spot around the Nature Center? Join our chilly investigation as we take soil, air, and water temperatures in different locations.

60637 6-12yrs 1 Class \$4 1/3 Sa 1:00pm-2:00pm

Crystal Wonders

Learn about the mysteries of crystals, and make a crystal garden to take home with you. Please wear old clothes, or bring a smock to protect your clothes.

60643 6-12yrs 1 Class \$6 1/17 Sa 10:00am-11:00am



Children & Youth Ages 6-12 (cont.)

Make a Mokuk

Native Americans used birch bark containers called mokuks to collect maple sap. Today we'll make mokuks from paper and decorate them.

60651 6-12yrs 1 Class \$5 2/4 W 4:00pm-5:00pm

Valentine Heart Bouquet

Make a beautiful heart bouquet for someone you love using natural materials.

62059 6-12yrs 1 Class \$5 2/11 W 4:00pm-5:00pm

Darwin Day

Celebrate Charles Darwin's 200th birthday with a fun activity that demonstrates bird beak adaptations.

60660 6-12yrs 1 Class \$4 2/12 Th 4:00pm-5:00pm

Winter Explorers

Learn how nature—from bees to trees—survives the cold! Bundle up as we explore winter habitats.

62062 6-12yrs 1 Class \$4 2/18 W 4:00pm-5:00pm

Deer Trails

Learn about deer, and walk in the woods around the Nature Center looking for the paths they make.

62060 6-12yrs 1 Class \$4 2/19 Th 4:00pm-5:00pm

Mixed Ages Ages 0-17

Children under 8 should be accompanied by an adult. *Reservations required.*

Animal Tracks

Learn to recognize local animal tracks, search outside for signs of visiting animals, and make a clay track print to take home.

60603 5-12yrs 1 Class \$5 12/13 Sa 1:00pm-2:00pm

Puppet Shows

Our lively puppet shows highlight the current season, and help young audiences learn about nature.

• A Gift for Wildlife

See what happens when the animals find an old Christmas pine tree.

63699 1-12yrs 1 Class \$2 12/17 W 11:00am-11:30am

63700 1-12yrs 1 Class \$2 12/26 F 2:00pm-2:30pm

• The Red Scarf

What happens when animals find a scarf left in the meadow?

63701 1-12yrs 1 Class \$2 1/29 Th 11:00am-11:30am

63702 1-12yrs 1 Class \$2 1/29 Th 1:00pm-1:30pm

• A Valentine for Wildlife

Puppet animals share treat with each other on Valentine's Day!

63703 1-12yrs 1 Class \$2 2/13 F 11:30am-12:00pm

63704 1-12yrs 1 Class \$2 2/13 F 2:30pm-3:00pm



New Year Noisemakers

Get ready to celebrate the new year by making noisemakers and other party favors from things you can find in your house. Children under 8 will require adult assistance.

60630 3-12yrs 1 Class \$6 12/26 Fr 3:30pm-4:30pm

Science Wonders

Join us for hands-on experiments in static electricity, rainbows, wind, magnets, and more.

60633 3-12yrs 1 Class \$5 12/30 Tu 10:00am-11:00am

60634 3-12yrs 1 Class \$5 12/30 Tu 11:30am-12:30pm

Treats for the Birds

Learn about our feathered friends, and make some treats for our birds and your birds at home.

60639 2-12yrs 1 Class \$6 1/10 Sa 10:00am-11:00am

Scavenger Hunt Hike

Let's search the woods and meadow together to see signs of the season.

60640 2-12yrs 1 Class \$4 1/10 Sa 1:00pm-2:00pm

Maple Sap Collecting

Visit our sugar bush and help us collect maple sap, then learn how it's made into delicious, real (not artificial) maple syrup.

60655 2-12yrs 1 Class \$4 2/7 Sa 10:00am-11:00am

60656 2-12yrs 1 Class \$4 2/7 Sa 11:30am-12:30pm

60657 2-12yrs 1 Class \$4 2/13 F 4:00pm-5:00pm

60658 2-12yrs 1 Class \$4 2/20 F 4:00pm-5:00pm

Animal Tracks and Traces

Ever wonder what kind of wildlife visits your neighborhood? Learn how to identify some common tracks and traces left behind by wild animals.

60667 4-12yrs 1 Class \$4 2/28 Sa 3:00pm-4:00pm

Homeschool Specials

Reservations required.

These programs offer homeschooled children the opportunity to learn about natural and cultural history in an active group setting.

Full Moon Hike

We'll learn about animals active at night, and hopefully catch a glimpse of some of them—and the moon.

62400 7-17yrs 1 Class \$4 12/11 Th 7:00pm-8:00pm

Pioneer Life

What was life like in the 1850s? Experience day-to-day pioneer life: chores, toys, candle-making, and decorating the cabin for the holiday season.

63705 6-12yrs 1 Class \$5 12/18 Th 1:00pm-2:15pm

Maple Sugaring

Come learn about maple sugaring and why we tap the trees at this time of year. Sap and maple syrup tasting, too!

63706 5-17yrs 1 Class \$4 2/5 Th 1:30pm-2:30pm

63707 5-17yrs 1 Class \$4 2/19 Th 1:30pm-2:30pm

Programs for All

Reservations and fee required for all, unless noted otherwise in program description.

Cold Weather Walk

Enjoy a guided nature walk through the late fall meadow and woodlands around the Nature Center.

62008 All ages 1 Class \$4 12/7 Su 11:00am-12:00pm

Bone Browse

Drop by anytime between 2 and 4pm, and check out our skull collection. Can you guess the animal by looking at the skull?

60604 All ages 1 Class FREE 12/14 Su 2:00pm-4:00pm

Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close. Reservations required for all; adults are free.

60617 All ages 1 Class \$4 12/20 Sa 9:30am-10:30am

60618 All ages 1 Class \$4 12/26 F 12:30pm-1:30pm

60619 All ages 1 Class \$4 1/3 Sa 10:00am-11:00am

Make It and Take It

Easy-to-make crafts that you can take home. Drop in anytime during program hours! Fee is per craft. No reservations required.

• Holiday Craft

Make and take a holiday decoation using natural materials.

60621 All ages 1 Class \$2 12/21 Su 2:00pm-3:00pm

• Pocket Sundials

Stop by and make your own portable sundial--you'll be able to tell time without a clock!

60622 All ages 1 Class \$2 12/27 Sa 2:00pm-3:00pm

• Grab Bag

Choose two easy-to-make projects from our craft grab bag to make and take home with you today!

60623 All ages 1 Class \$2 1/11 Su 2:00pm-4:00pm

• Snowflakes

Craft glittery snowflakes to make your home sparkle!

60624 All ages 1 Class \$2 1/18 Su 2:00pm-4:00pm

Flying Squirrels

Catch a glimpse of these nighttime gliders, and find out how they live. Rain cancels program; no reservations required.

60626 All ages 1 Class FREE 12/23 Tu 4:45pm-5:30pm

60627 All ages 1 Class FREE 12/30 Tu 4:45pm-5:30pm

60628 All ages 1 Class FREE 1/10 Sa 5:00pm-5:45pm

60629 All ages 1 Class FREE 2/3 Tu 5:15pm-6:00pm

Holiday Walk

Enjoy a guided holiday walk through the winter woodlands around the Nature Center.

62023 All ages 1 Class \$4 12/24 W 11:00am-12:00pm

American Girl Mother-Daughter Holiday Party

Have fun celebrating the season just like the American Girls! We'll learn a couple of dances, make a craft, and enjoy holiday refreshments together. Reservation required for both moms and daughters; moms are free.

60632 8 & up 1 Class \$10 12/28 Su 11:45am-1:00pm

Winter Walk at Rachel Carson

Explore a new park, and find out where the foxes and other animals go during the winter. Meet at the parking lot at 22201 Zion Road in Brookeville.

62298 2 & up 1 Class FREE 1/24 Sa 11:00am-12:00pm

Fox Family in Winter

Find out what fox families do during winter, and look for fox dens and tracks.

62037 All ages 1 Class \$4 1/24 Sa 4:00pm-5:00pm

Winter Crystals on Display

Compare rock crystals with snow and ice crystals, and see how they are alike and different.

62041 All ages 1 Class FREE 1/25 Su 2:00pm-4:00pm

Tapping Trees

The sap is running in our sugar bush! Help us tap some maple trees, and taste a sweet maple treat! Reservations required for all; no fee for adults.

60647 All ages 1 Class \$4 1/31 Sa 11:00am-12:00pm

60648 All ages 1 Class \$4 1/31 Sa 1:00pm-2:00pm

60649 All ages 1 Class \$4 1/31 Sa 3:00pm-4:00pm

60650 All ages 1 Class \$4 2/1 Su 12:00pm-1:00pm

Snakes Alive

Meet and touch some of our Nature Center's live local snakes. Learn what they eat, where they live, how they move, and more.

60659 All ages 1 Class \$4 2/8 Su 2:00pm-3:00pm

Nature Movie at BNC

Relax in the Nature Center and watch an enjoyable nature film. Today's movie is about the great outdoors and stars Elmo. No reservations required.

60661 All ages 1 Class FREE 2/14 Sa 11:00am-11:45am

Maple Sugar Festival

Stop by to see an American tradition! Watch the whole process from start to finish: See sap drip down from the trees and taste it, watch us boil it down into sweet maple syrup, then sample a tasty treat! No reservations required.

62449 All ages 1 Class FREE 2/21 Sa 12:00pm-3:00pm

62450 All ages 1 Class FREE 2/22 Su 12:00pm-3:00pm

Crafts from Nature

Feeling creative? Brings some nature into your life by using natural materials to decorate and make crafts. Pay only for the person making the craft.

60666 All ages 1 Class \$6 2/28 Sa 10:00am-11:00am



Adults Ages 18 and up *Reservations required.*

Mid-Morning Walk

Join the naturalist and stroll around the park for a breath of fresh air as we talk about how nature prepares for winter.

60601 18 & up 1 Class FREE 12/12 F 10:30am-11:30am

Holiday Centerpieces

Make a long-lasting candle centerpiece with fresh greens, native cones, and a festive bow.

60620 18 & up 1 Class \$15 12/20 Sa 11:00am-12:00pm

Bird Walk

Bring your binoculars or borrow ours, and enjoy a leisurely stroll in search of birds.

60638 18 & up 1 Class FREE 1/4 Su 11:00am-12:00pm

Explore a Park

New to the area, or just want to get out for a hike? Join us as we explore different county parks. Today we'll hike in the Cabin John Stream Valley Park.

60641 18 & up 1 Class FREE 1/11 Su 10:00am-12:00pm

Ladies Hike Out

Want to hike but don't know where to go? Meet other women and hike some park trails together. Today we'll hike the Goldmine Loop in Potomac, MD.

60644 18 & up 1 Class FREE 1/17 Sa 3:00pm-5:00pm

Winter Walk

Take a walk with a Park Naturalist to look for signs of winter and winter animals.

62038 18 & up 1 Class FREE 1/25 Su 11:00am-12:00pm

A Little Bit About Brookside Nature Center

Nestled within Wheaton Regional Park, Brookside Nature Center offers hands-on, naturalist-led educational experiences for the general public and organized groups.

The pioneer homestead, wildlife viewing areas, self-guided trail, accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness, and our on-site exhibits showcase local natural and cultural history. We hope that you'll come visit us soon!



Volunteer at

Brookside Nature Center



Have fun, contribute to your community, make new friends and learn about nature—volunteer at Brookside Nature Center!

Current Volunteer Opportunities

• **Nature Center Hostesses and Hosts**

If you enjoy working with people, you'll have a great time helping out at our reception desk. Activities include greeting visitors, checking in visitors who are registered for programs, answering the phone and simple questions from visitors to the Nature Center. We'll train you!

• **Gardeners**

Do you enjoy working outdoors? Are you interested in learning about native plants, and sharing what you already know? We need your help planting and maintaining our native plant gardens. Training provided; take what you learn and put it to good use at home!

We're also looking for...

• **Volunteer Naturalists and Naturalist Aides**

• **Groundskeepers**

• **Invasive Plant Removal Volunteers**

Community Service and Eagle Scout projects are always welcome. Let us know if you have a particular skill, but no previous experience is needed – we provide on-the-job training. Contact Jenny Aley at 301-946-9071 or email Jenny.Aley@MontgomeryParks.org.

Special Event Volunteer Opportunity

• **Maple Sugar Festival**

Here's a sweet opportunity! Volunteer at our Maple Sugar Festival February 21 and 22. Learn how to tap a maple tree, how the sap is boiled into real maple syrup, and more. We need volunteers to staff activity stations, check in visitors and guide them along the trails, help run a video presentation, and set up and put away displays. Training sessions will be offered in late January and early February. For more information, contact Betsy Taylor at 301-946-9071, or email her at Elizabeth.Taylor@MontgomeryParks.org.

See You Next Spring!



Little Bennett Campground is still open for weekend camping through November, but sadly, the regular camping season has come to an end. We'll be closed from December 1 – February 28, then open again for weekend camping in March 2009. Our regular, full-time camping season is April 1 – October 31.

We had a great time this season with all our campers, and some really fun special events and programs as well, including:

- **Great American Campout in June**
- **A week-long Camping Camp for kids in July**
- **Fall Family Campout in November**

Everyone loved our "**Camper-Ready Camping**," because it allowed them to experience camping without investing a lot of money in equipment (we set up your campsite for you with a tent, chairs, and more for one low fee). And in response to your requests, we also created "**Cool-Off Coupons**," giving campers significant discounts at our boating facility at Black Hill Regional Park and the South Germantown Splash Playground. We hope that you'll join us for more camping fun next year at one of the friendliest campgrounds in the country—Little Bennett Campground.

LITTLE BENNETT CAMPGROUND the natural place to be
23701 Frederick Rd. | Clarksburg, MD 20871 | 301-972-9222 | LittleBennettCampground.com

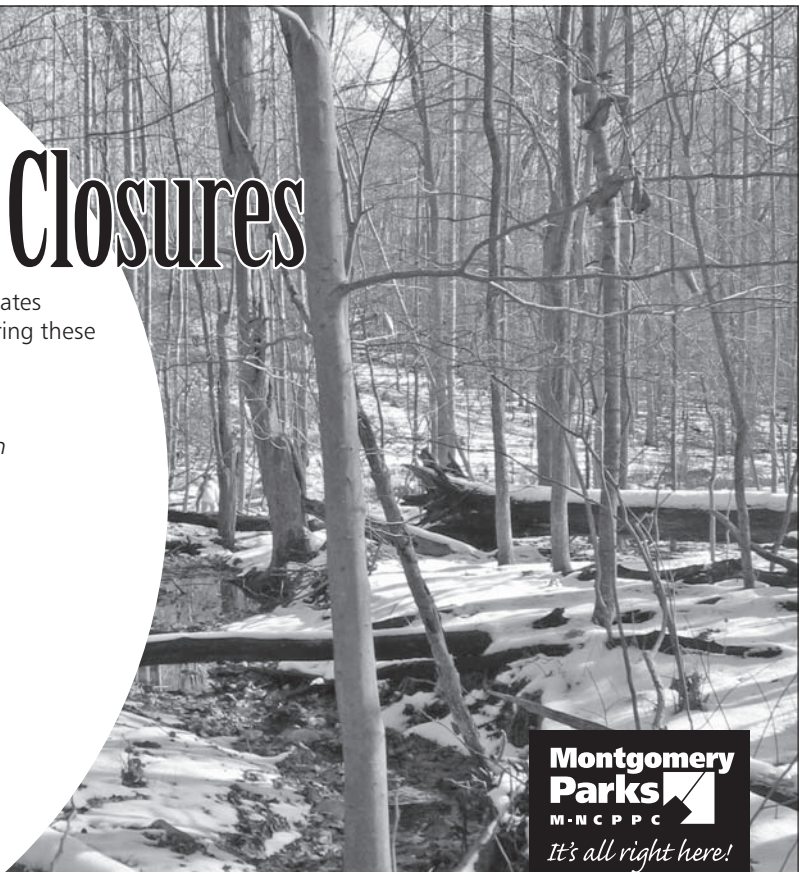


**Montgomery
Parks**
M-NCPPC
It's all right here!

Fall/Winter Park Closures

Deer management operations will be conducted on select dates from October 2008-March 2009 in the following parks. During these operations these parks will be closed to the public.

- **Blockhouse Point Conservation Park** | Darnestown
- **Great Seneca Stream Valley Park** | Gaithersburg
- **Hoyles Mill Conservation Park** | Boyds
- **Little Bennett Regional Park** | Clarksburg
- **Little Seneca Stream Valley Park** | Boyds
- **North Germantown Greenway Park** | Clarksburg
- **Rachel Carson Conservation Park** | Brookeville
- **Woodstock Equestrian Park** | Beallsville



**Montgomery
Parks**
M-NCPPC
It's all right here!

Please visit ParksDeerManagement.org for dates and more information, or call 301-949-4149.



Locust Grove Nature Center

Cabin John Regional Park • 7777 Democracy Blvd. • Bethesda, MD 20817
301-299-1990 • LocustGroveNature.org

Open Tuesday – Saturday, 9am-5pm. Trails open daily, dawn to dusk.

Please register and pay for everyone whose ages fall within the program's stated age range, unless noted otherwise. Children under 8 must be accompanied by an adult.

Toddlers/Preschool Ages 0-6

Reservations required.

Marsupial Madness

Come learn about mammals with babies in pouches. Some hop, some hang, and some are world-class tunnelers. We'll learn a little, hike a little, then listen to a story.

61552 3-6yrs 1 Class \$4 12/9 Tu 11:00am-12:00pm

Tot Time: Evergreen

What's so special about being green in winter? Let's find out as we explore the wonders of pines, hollies, and other plants that never lose the color of life.

60849 18mos-3yrs 1 Class \$4 12/11 Th 11:15am-12:00pm

Tot Time: Winter Birds

Watch the winter birds at the feeder and learn about their colors, sizes and creative movement in the process. Hike included.

61501 18mos-3yrs 1 Class \$5 1/6 Tu 11:15am-12:00pm

Sounds Abound

The season of silence offers a rare opportunity to make a lot of noise! With our hearing sharpened we'll explore the world of sound and silence through simple experiments and household items. A quiet hike outside is also on the agenda so leave your earmuffs at home! No younger siblings, please.

61503 4-6yrs 1 Class \$6 1/15 Th 11:00am-12:00pm

Flannel Board Stories: Winter

Drop in for a seasonal tale of winter delights.

61751 3-5yrs 1 Class \$4 1/22 Th 1:00pm-2:00pm

Ice, Ice, Baby

We'll explore the fascinating properties of frozen water and see how it stacks up as a sculptural element.

61558 3-6yrs 1 Class \$3 1/27 Tu 10:00am-11:00am



Storytime:

How Groundhog's Garden Grew

Give a groundhog a vegetable and feed him for a day...teach him how to grow his own veggies, and feed him for a lifetime. Groundhog learns that creating his own garden is more fun than eating from his neighbor's.

61752 3-5yrs 1 Class \$4 1/29 Th 10:30am-11:30am

Tot Time: Mix It Up!

Chemistry for little ones begins with a spoon and a bowl. In this experiment-filled class, we'll combine safe, household ingredients to make clay, goop and all manner of bizarre concoctions. Come join us to measure, mix, blend and stir up some fun!

61550 18mos-3yrs 1 Class \$5 2/7 Sa 11:15am-12:00pm



Sapsuckers & Other Sticky Characters

Maples aren't the only sappy trees in the woods. Learn about the birds and bugs that dine on sweet, sticky sap of different trees.

61561 3-6yrs 1 Class \$4
2/17 Tu 10:00am-11:00am

Sleepytime Stories

Winter is a great time to snooze. We'll read some stories about animals that sleep away the winter, make a snug craft, and then...zzzzzzzz!

61562 3-6yrs 1 Class \$3 2/26 Th 10:00am-11:00am

Children & Youth Ages 6-12

Reservations required.

Nature Craft Potpourri

Our leftover craft box is full of possibilities! Drop in to make a frolicking frog or a dragonfly magnet... or get *really* wild and make a "frogonfly"! Have lots of creative fun, and help us use up our leftover craft supplies while you're at it. Anything goes, and everything will go by the end of this class. Children under the age of 8 must be accompanied by an adult.

61500 6-12yrs 1 Class \$4 12/31 W 1:00pm-2:00pm

A Crystal Ball

Glittering, sparkling crystals—our world would be so drab without them. But what are crystals, and how are they formed? Discover their magic as we explore their amazing intricacies, and make some crystals to take home. Children under 8 must be accompanied by an adult; no younger siblings, please.

61799 6-12yrs 1 Class \$6 1/9 F 4:30pm-5:30pm



Corn Husk Dolls

Sometimes the most endearing keepsakes are the simple ones you make yourself. With cornhusks, yarn, fabric scraps and bits of this and that, we'll fashion charming dolls to play with and keep.

61504 6-12yrs 1 Class \$8 1/26 M 1:00pm-2:00pm

The Stream in Winter

No one, besides Labrador retrievers, ever thinks of exploring the creek in winter. Yet this can be the stream habitat's busiest season, when insect larvae are most active. So, learn from your dog and join us as we hike along the Cabin John Creek. We'll take note of its temperature, its flow, its ice crystals and any cold-hardy critters living there. Please dress for the weather, and wear waterproof boots suitable for shallow wading.

61699 6-12yrs 1 Class \$4 2/19 Th 4:00pm-5:00pm

Programs for All

Reservations required.



Fireside Lunch Club: Chestnut Roasting

The chestnut will take center stage as we uncover the history and flavor of this magnificent tree. On the menu: hot dogs, baked apples, hot cider and, of course, roasted chestnuts. All

children must be accompanied by an adult and all attendees must pay.

61801 2 & up 1 Class \$6 12/12 F 10:30am-12:00pm

Natural Impressions

The flowers of summer have long faded from view, but their image can be revived through the art of printing. Using pressed flowers and ferns, leaves and fruit, we'll learn simple printing techniques and create unique and impressive notecards. Registration closes on December 11.

61499 12 & up 1 Class \$9 12/16 Tu 7:00pm-8:30pm

Winter Snacks for Animals

Please feed the animals! We'll whip up some healthy and tasty treats for our wild neighbors.

61553 3 & up 1 Class \$3 12/18 Th 10:00am-11:00am

Family Solstice Hike and Celebration

The ancients didn't realize that what they considered the official beginning of winter more accurately marks winter's demise--and the advent of summer. We'll hike while the pale sun shines, re-enact some favorite customs associated with the winter solstice, and celebrate the earth's perpetual revolution around the sun.

60850 1 & up 1 Class \$2 12/20 Sa 11:00am-12:30pm

Dipless Candles

No smoke, no hot wax—just simple candles you craft yourself in time for the holiday season. All participants must be accompanied by a registered adult; all registrants must pay.

61554 5 & up 1 Class \$6 12/23 Tu 6:00pm-7:30pm

Fireside Lunch Club

Yes, it's cold outside—and that means that the lunch we cook over the fire pit will taste all the more delicious! On the menu: hot dogs, baked apples and hot cider. All children must be accompanied by an adult and all attendees must pay.

61750 2 & up 1 Class \$6 1/9 F 10:30am-12:00pm

Friday Night Hike

Brrrrr! We'll see take a hike to see what's happening on a January night in the woods. Inclement weather cancels the program.

61555 5 & up 1 Class FREE 1/9 F 7:00pm-8:00pm

Tip-Tapping Maple Trees

Help us collect the sap that becomes the maple syrup by identifying suitable maple trees, drilling holes and setting up collecting buckets. Then return later in the month to learn the rest of this sweet story. Best for children ages 4 and older. All children must be accompanied by an adult.

61502 1 & up 1 Class FREE 1/10 Sa 11:00am-12:00pm

Suncatchers

Winter needs some lightening and brightening. Join us to make a simple suncatcher to add some color to the grey winter days.

61556 5 & up 1 Class \$5 1/16 F 4:00pm-5:00pm

Winter Wander

Get outside for some fresh air! We'll see who's been wandering in the woods as we go off the beaten track to look for tracks.

61557 5 & up 1 Class FREE 1/24 Sa 11:00am-12:00pm



Sign Language Interpretation Available

If you need a sign language interpreter for any of Locust Grove Nature Center's programs, please call us at **301-299-1990** at least one week in advance of the program you'd like to attend, and we'll work to have an interpreter on hand.

Maple Sugaring Time

Learn the history of maple sugaring and the hows and whys of sap, then follow the sap from tree to table in our maple sugaring demo. Can you tell the difference between real maple syrup and artificial? Take our syrupy taste test and find out!

61753	2 & up	1 Class	\$2	2/5	Th	1:00pm-2:00pm
61754	2 & up	1 Class	\$2	2/10	Tu	10:00am-11:00am
61756	2 & up	1 Class	\$2	2/24	Tu	11:00am-12:00pm
61757	2 & up	1 Class	\$2	2/27	F	1:30pm-2:30pm

American Folk Heroes

American tradition is full of folk heroes, from Johnny Applesseed to John Henry. We'll learn about American tall tales and what they represented to the people of their time.

61559	3 & up	1 Class	\$2	2/6	F	6:00pm-7:00pm
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Signs of Spring Hike

Spring has a way of sneaking in quietly. We'll look carefully for early wildflowers, and hopefully, hear a woodfrog or two singing a Valentine's Day love song. Meet at the campground gate on Tuckerman Lane.

61560	5 & up	1 Class	\$2	2/14	Sa	11:00am-12:30pm
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Fireside Lunch Club: Big Pancake Brunch

Pancakes and hot syrup prepared over an open fire are utterly irresistible! Accompany them with hot sausage and warmed apple cider, and you have a meal fit for winter royalty! All children must be accompanied by an adult, and all attendees must pay.

61755	2 & up	1 Class	\$6	2/26	Th	10:30am-12:00pm
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Adult Ages 18 and up *Reservations required.*

Wild Montgomery: McKee Beshers

Can't tell a duck from a grebe? Join us at the flooded fields and wetlands of McKee Beshers Wildlife Management Area, which are well-known for waterfowl watching. With field guides and some guesswork, we'll practice identifying wetland residents.

61599	18 & up	1 Class	FREE	12/5	F	10:00am-12:00pm
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Wild Montgomery: Blue Mash Hike

Amazing what you can see in a reclaimed landfill! The natural surface trails around the former Oaks Landfill in Olney traverse mixed habitats, including marshes (pronounced "mashes" back in Civil War time—hence the "Mash") and offer glimpse of a wide variety of birds. On our 1.5- to 3-mile hike, we'll scan the forests and open water for wintering waterfowl, woodpeckers, kinglets and other hardy birds while enjoying a brisk walk and sampling of local history. Bring binoculars and dress for the weather. Please note: trails can be muddy! Meet in the parking lot off Zion Road; call for directions.

61549	18 & up	1 Class	FREE	2/5	Th	9:30am-11:30am
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Afternoon Tea at Woodlawn Manor

Give yourself a valentine treat of historical significance! Join us for a three course, formal tea at the gracious Woodlawn Manor (circa 1774) in Sandy Spring. The authentic tea will include scones, tea sandwiches, desserts and, of course, fine English tea. We'll also take a tour of the manor, learning about its 18th century portraits and its various outbuildings, including the stone barn, slave log cabin, smokehouse and general store. Transportation provided from Locust Grove. Registration closes 2/6/09.

61649	18 & up	1 Class	\$25	2/13	F	12:15pm-3:00pm
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Discover the new Locust Grove Nature Center



Natural Exploration Area

It's back to basics at Locust Grove Nature Center! We're building a new natural play area with all *organic* materials. The goal? To get kids outside, playing in nature. This kind of natural play fosters creativity, improves social skills, and sharpens children's powers of concentration (even kids with ADD/ADHD!). The Natural Exploration area is in its beginning stages, and currently features:

- A family of three bears to climb and jump on. Chainsaw artist Mark Tremper carved the bears from two massive red oaks that fell nearby.
- An enormous 20-foot oak snake to play on, also carved from the fallen oaks.

By the end of November, we hope to have a big *natural sandbox* for kids to dig in. Other planned features include: a *pond or stream*, where kids can look for fish, bugs and other aquatic life; a *flower garden* (digging encouraged); a huge *mulch hill* to conquer, and more.

Work on the natural play area has slowed considerably due to County budget cuts. So if you're interested in helping out in any way (donations of materials, cash, or your time and effort; corporate partnerships), please contact Nature Center Manager **Priscilla Taylor** or Naturalist **Geri Drymalski** at 301- 299-1990. It's going to be great—come check it out!!

Meadowside Nature Center

Rock Creek Regional Park • 5100 Meadowside Lane • Rockville, MD 20855
301-924-4141 • MeadowsideNature.org



Open Tuesday-Friday 9am-5pm; Saturday 9am-4pm (November through March). Trails open daily dawn to dusk.

Toddlers Age 0-6

Storytime at Meadowside

At every Meadowside storytime, we read a nature-themed story together, then do a fun activity (a craft or hands-on demonstration) to bring the story to life for young children.

• Snow Moon

We'll read Nicholas Brunelle's magical winter story *Snow Moon*, talk about owls and how they survive the winter, then make an owl craft to take home.

62970 3-6yrs 1 Class \$5 12/9 Tu 10:30am-11:30am

• Guess How Much I Love You?

We'll celebrate the spirit of Valentine's Day with Sam McBratney's classic story, a valentine craft and a tea party! Meet at Kengla Conference Center for this special program. Naturalist: Sandy Staples

63011 3-6yrs 1 Class \$5 2/10 Tu 1:30pm-2:30pm

63012 3-6yrs 1 Class \$5 2/11 W 9:30am-10:30am

• Maple Sugaring

After a story about a maple syrup mystery, we'll explore the process of making maple syrup from the sap of maple trees to make a very sweet treat. See if you can pick out the real maple syrup with a taste test. Naturalist: Sandy Staples

63013 3-6yrs 1 Class \$5 2/17 Tu 9:30am-10:30am

63014 3-6yrs 1 Class \$5 2/17 Tu 1:30pm-2:30pm

• Marsh Morning

Explore the variety of birds and other animals found in a marsh by reading this story and making a sock puppet to take home. Parental assistance needed with the craft. Naturalist: Sandy Staples

63008 3-6yrs 1 Class \$5 12/23 Tu 10:30am-11:30am

• Meet Pelican Pete

Learn about Pelican Pete and other birds that live in the wild. What do they have in common—no matter if they live in Florida or Antarctica? How can we help them survive in the great outdoors?

Naturalist: Sandy Staples

63004 3-6yrs 1 Class \$5 12/2 Tu 9:30am-10:30am

• Mousekin's Frosty Friend

Mousekin is out looking for food in the middle of winter and finds a special friend in the woods. We'll listen to his adventure, and make critters of our own to put in a red woolen cap.

Naturalist: Sandy Staples

63009 3-6yrs 1 Class \$5 1/6 Tu 1:30pm-2:30pm

• Snowflake Bentley

Did you know that every snowflake is different? Learn about a man who photographed snowflakes, and make beautiful paper snowflakes to take home. Naturalist: Sandy Staples

63005 3-6yrs 1 Class \$5 12/9 Tu 1:30pm-2:30pm

• Tracks in the Snow

We'll read a story about animal tracks in the snow, then go outside to try to find some real tracks. It's a fun way to find out who is visiting your back yard. If Mother Nature doesn't provide snow for us, we'll make our own tracks to take home. Naturalist: Sandy Staples

63007 3-6yrs 1 Class \$5 12/16 Tu 1:30pm-2:30pm



Toddlers Age 0-6 (cont.)

Tyke Time

Discover the bustling world of winter all around the Nature Center with nature-related activities and a craft to make and take home.

62949	2-4yrs	1 Class	\$5	12/5 F	10:30am-11:15am
62950	2-4yrs	1 Class	\$5	12/19 F	10:30am-11:15am
62951	2-4yrs	1 Class	\$5	1/9 F	10:30am-11:15am
62952	2-4yrs	1 Class	\$5	2/13 F	10:30am-11:15am
62953	2-4yrs	1 Class	\$5	2/27 F	10:30am-11:15am



Love Bugs?

Cockroaches and spiders normally may make you shudder, but the bugs at Meadowside are irresistible! Come learn about bugs with us, then make some buggy valentines.

62995	3-6yrs	1 Class	\$5	2/10 Tu	10:30am-11:30am
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Wee Little Scientists

Let your little scientists explore the world around them through hands-on experiments and other activities designed especially for tots. Naturalist: Glenn Rice

62957	3-5yrs	1 Class	\$5	12/11 Th	9:30am-10:15am
62958	3-5yrs	1 Class	\$5	1/8 Th	9:30am-10:15am
62959	3-5yrs	1 Class	\$5	2/12 Th	9:30am-10:15am

Who's Hibernating?

Learn about forest animals that spend the winter in hibernation through stories, activities, and a fun craft to take home.

62969	3-6yrs	1 Class	\$5	12/4 Th	10:30am-11:30am
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Children Ages 6-12

Great Green Solutions!

Learn about things that can harm the environment, and what we can do to help save the earth. Using earth-friendly ingredients, we'll learn to make great green solutions to use at home, including bubble bath, cleaning products, and more!

63249	7-12yrs	1 Class	\$5	2/26 Th	4:00pm-5:00pm
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Mixed Ages Ages 0-17

Natural Critters

Learn how to make a mouse out of a milkweed pod, and use your imagination to make other critters to use as seasonal decorations or gifts for special friends and family. Best of all, these animal friends don't need to be fed and don't make messes! Children under 9 years of age will need an adult with them to help. Naturalist: Sandy Staples

63017	4-12yrs	1 Class	\$5	12/13 Sa	1:00pm-2:00pm
63018	4-12yrs	1 Class	\$5	12/13 Sa	2:30pm-3:30pm



Adults Age 18 and up

Birding at Black Hill Regional Park

Let's explore the winter birds on Little Seneca Lake and at Ten Mile Creek together! Winter's a great time to view waterfowl that just drop in to eat and rest on the lake, as well as the lake's full time residents. It's a phenomenal place for birding all year long and really isn't far away when you learn the back roads. Carpool or meet at Black Hill Visitor Center. Call (301) 924-4141 for more information and directions. Reservations required.

Naturalist: Sandy Staples

63038	18 & up	1 Class	Free	1/9 F	9:30am-11:30am
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Damascus Recreational Park Hike

Meet at Damascus Recreational Park and amble through this peaceful stream valley with (the always entertaining and informative) Park Naturalist Sandy Staples. Keep your eyes open for the many native birds and other wildlife! Reservations required. Call 301-924-4141 for directions and more information.

63051	18 & up	1 Class	Free	2/20 F	9:30am-10:30am
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Early Morning Hike at Great Falls, MD

Meet Naturalist Sandy Staples at Great Falls on the Maryland side to explore the birds and native wildlife along the Potomac River. Easy hike; please dress for the weather. Reservations required. Call 301-924-4141 for more information and directions.

63015	18 & up	1 Class	Free	12/5 F	9:30am-11:30am
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Winter Morning Hike at Blue Mash

The holidays are over, so shake off those cobwebs and enjoy the natural beauty and serenity of this special place. Meet Park Naturalist Sandy Staples at Blue Mash Nature Trail for an easy hike through a variety of habitats—woods, meadow and pond—as we look for native songbirds, overwintering waterfowl, and more. Please dress warmly, wear waterproof shoes if you have them, and bring binoculars and a warm drink. The trail is located off Zion Road in Olney; call 301-924-4141 for directions and more information. Reservations required.

63019	18 & up	1 Class	Free	1/2 F	9:30am-11:30am
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Programs for All

Maple Sugaring Breakfast

Get a step-by-step tour of how maple syrup is made, from sap collection to the boiling-down process. We'll top off the tour by sampling real maple syrup on pancakes. All family members ages 2 and up must register and pay.

62967	2yrs&up	1 Class	\$8	2/28 Sa	10:00am-11:30am
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About Meadowside Nature Center...

Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools and scouts. Experience life on a farm, take a guided night hike through the woods, explore our trails, and visit live owls, hawks and an American Bald Eagle in our Raptor Aviaries. Enjoy hands-on nature and live animals in our "Curiosity Corner" and "Legacy of the People" exhibits, crawl through a cave, and get a fish-eye view of the world in our "Legacy of the Land" exhibit. Come visit us soon!



Scouts

Brownie Try-It Badges at Meadowside Nature Center

Earn your Brownie Try-It badges at Meadowside Nature Center with real-life, hands-on field experience (and fun!). Come dressed for the weather; we go out rain or shine.

Brownie Try-It: Science Wonders

Science is all around you! Learn the science behind bubbles, magnets, and more.

62962 6-10yrs 1 Class \$20 12/12 F 4:00pm-6:00pm

Brownie Try-It: Animals

Some animals live with us as pets and some live in the wild. Explore the world of animals through games, activities, and observation of Meadowside's own animal friends.

62966 6-10yrs 1 Class \$20 1/8 Th 4:00pm-6:00pm

Webelo Badges at Meadowside Nature Center

Earn your Webelo badges at Meadowside Nature Center with real-life, hands-on field experience (and fun!). Uniforms are not required, but come dressed for the weather - we go out rain or shine. If you bring your Webelos Scout Book, the Naturalist leading your class can sign off on that badge if you like.

Webelo Naturalist Activity Badge

Do you enjoy watching wildlife? If so, you're already a Naturalist! Join us on a search for wildlife in our forests, meadows, streams, and ponds--after we learn to identify the poisonous plants and dangerous animals in our area. Please dress for the outdoors.

62961 7-10yrs 1 Class \$25 1/3 Sa 9:30am-12:00pm

Webelo Scientist Activity Badge

To earn this activity badge, you'll do scientific experiments and test some famous laws of science. Together, we'll explore how planes fly, and how your brain can play tricks on you.

62960 7-10yrs 1 Class \$25 12/6 Sa 9:30am-12:00pm

CHRISTMAS ON THE FARM

Saturday and Sunday, December 13 & 14

Noon - 5:00 p.m.

Free!

Get into the holiday spirit with us at the Ag Farm! Enjoy turn-of-the-century decorations, free live Christmas music and caroling, free hayrides (weather permitting), and free hot cider and ginger snaps. Bring your cameras and take pictures of your friends and family in our antique sleigh. There'll be homemade baked goods for sale as well. For more information, call 301-948-0052.



Agricultural History Farm Park
18400 Muncaster Road, Derwood MD 20855
AgHistoryFarm.org

Montgomery
Parks
M-NCPPC
It's all right here!

Volunteer in the Parks?

Protect & Serve

Join the Community Park Patrol

Help keep your parks safe! Become a Park Patrol Volunteer, and provide additional "eyes and ears" for Montgomery County Park Police in over 31,000 acres of parkland. Volunteers are trained in non-enforcement police duties, including foot, vehicle, horse or bike patrol, traffic control, parking, community events and outreach programs. Deadline for applications for the next Training Academy is Dec. 14, 2008. Park Patrol Volunteers are required to attend all six sessions of the Training Academy in February 2009, and complete 12 hours of field training. Once trained, volunteers are asked to serve at least 15 hours per quarter and attend a monthly meeting.

Contact Lauryn.McNeill@MontgomeryParks.org or call Sgt. O'Neill at 301-962-1646 for more information.



Get Historical

Seasonal/Long-Term Opportunities

If you love history and enjoy sharing your knowledge with the public, volunteer with our Historic and Cultural Resources group. Training is online and onsite. Please visit ParkHistoricSites.org for more information on historical sites, and ParksVolunteers.org to apply for volunteer positions.

Underground Railroad Trail Guides

Lead tours along this historic 1.5-mile trail, which commemorates the Montgomery County residents who helped slaves escape on the Underground Railroad. Weekends, April-November

Oakley Cabin Docents

Interested in local African-American history? Lead tours through this historic house museum and former slave cabin, circa 1820. Weekends, April-October

Bussard Farmhouse Docents

Lead public tours through this historic house museum, sharing information on its history, furnishings, and the people who lived there, as well as the history of agriculture in Maryland. Call 301-650-4373 or email Shirl.Spicer@MontgomeryParks.org for more information.

Special Events

Sign up at ParksVolunteers.org



"Garden of Lights" Brookside Gardens

Mid-November through January

Show Monitors, Parking Assistants, Gift Shop Assistants, Conservatory Docents (all 5-9pm)



Maple Sugar Festival Brookside Nature Center

Saturday & Sunday, February 21 & 22

Learn how to tap a maple tree, how sap is boiled into maple syrup, and more! See page 126 for details.



Potomac River Watershed Cleanup

Saturday, April 4

Since 1989, the Alice Ferguson Foundation has coordinated more than 35,000 volunteers from 250 partner organizations to remove 1,230 tons of trash from the watershed! If you know a park that needs help or to

volunteer, call 301-495-2474 or email Group Volunteer Coordinator Lynn.Vismara@MontgomeryParks.org. SSL approved!



Spring Break Events Meadowside Nature Center

Tuesday-Friday, April 7-10

Help out with fun, kid-friendly events like "Springtime on the Farm" and the annual egg hunt! 14 years & up; SSL approved.

Do It Online...

Visit ParksVolunteers.org

The volunteer opportunities listed here are just a few of the many opportunities available with Montgomery Parks. You'll find complete information about these and other opportunities on our website, and can also log your volunteer hours, schedule shifts for some volunteer opportunities, and keep track of your mileage, hours and dates for tax purposes.



Naturally!

You love parks and want to keep these places alive and make a difference—for yourself, your community, and future generations. There are many volunteer opportunities you could choose, but you won't work with a better group than Montgomery Parks volunteers! To learn more, visit our website at ParksVolunteers.org.

Short- & Long-Term Opportunities

Visit ParksVolunteers.org for complete information and more volunteer opportunities, or contact the person listed below each section for information specific to that facility.

Black Hill Visitor Center

Black Hill Regional Park,
Boys, MD

- ▶ Bluebird Monitors
- ▶ Gardeners
- ▶ Volunteer Naturalists

Denise.Gibbs@MontgomeryParks.org
301-916-0220

Brookside Gardens

- ▶ Conservatory Docents
(10:30am-1:30pm or 1:30-5pm)
- ▶ Gardeners & Gardener Assistants
- ▶ Gift Shop Assistants
(10:30am-1:30pm or 1:30-5pm)
- ▶ 'Garden of Lights' Opportunities
(see page 134)

Ellen.Hartranft@MontgomeryParks.org
301-962-1429

Brookside Nature Center

See page 126 for more details

- ▶ Gardeners & Groundskeepers
- ▶ Hostesses & Hosts
- ▶ Invasive Plant Removers
- ▶ Maple Sugar Festival Volunteers
- ▶ Naturalist Aides (incl. Animal Care Aides)
- ▶ Volunteer Naturalists

Jenny.Aley@MontgomeryParks.org
301-946-9071

Little Bennett Campground

Adults, April-October

- ▶ Campfire Program Leaders
- ▶ Gardeners
- ▶ Activity Room Staff

Rosemary.Nichols@MontgomeryParks.org
301-972-6581

Locust Grove Nature Center

Training in March for all these positions

- ▶ Bluebird Monitors
 - ▶ Vernal Pool Monitors
 - ▶ Volunteer Gardeners
- Geri.Drymalski@MontgomeryParks.org
301-299-1990

Meadowside Nature Center

- ▶ Animal Care Aide
 - ▶ Naturalist Aide
- Glenn.Rice@MontgomeryParks.org
301-924-4141

Montgomery Trails

Join us for a day or a season! Visit MontgomeryTrails.org for details.

- ▶ Weekend Project Trail Volunteers
- Minimum age 14; SSL approved.
Projects approx. 5 hours on Saturdays.
Roll out of bed and join us!
Ben.Sugar@MontgomeryParks.org
301-650-4395

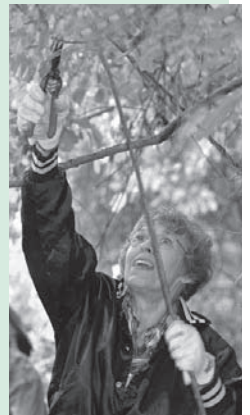
Volunteer Trail Rangers

Go the extra mile and take responsibility for a trail section. One-year commitment; minimum age 18.
Ben.Sugar@MontgomeryParks.org
301-650-4395

Weed Warriors

Certified Weed Warriors

To become a certified Weed Warrior, you'll need to complete a two-part online course and participate in a two-hour field training session with a forest ecologist. You can then work anywhere in Montgomery Parks, on your own schedule to help control NNIs. Minimum age 16.
Paul.Carlson@MontgomeryParks.org
301-942-4709



Special Project Weed Warriors

Here's your opportunity to learn about and work on non-native invasive plants in the parks without making a long-term commitment. No experience necessary; we'll train and supervise you on site. Minimum age 16; groups are welcome!
Lynette.Scaffidi@MontgomeryParks.org
301-949-0223

Garlic Mustard Challenge

Saturday, April 18

Save the date for the 2nd annual competition to rid parkland of this nasty non-native invasive plant. Prizes, too!
Lynette.Scaffidi@MontgomeryParks.org
301-949-0223

For more information or to apply, visit our website or call:

ParksVolunteers.org | 301-495-2504



WOW!
wheaton

Make a new memory at
Wheaton Regional Park.

REVITALIZED FACILITIES

Wheaton Ice Arena

...is getting a facelift! Renovated Snack Bar (w/ new menu) and Pro Shop, new Direct TV, wireless Internet network, and more to come!

Wheaton Indoor Tennis

Come see the new "bubble"! We hope to refurbish the adjacent building as well.

NEW PROGRAMS

Wheaton Ice Arena

New parent-child skating lessons, Teen Skate Nights, expanded hockey and freestyle programs, Parents' Date Nights, Park Play Days, and more!

Wheaton Indoor Tennis

New bubble, new programs! Ladder tournaments, QuickStart lessons for kids, expanded clinics, weekend mini-camps, and more.

More WoW!

This is just the beginning. You're going to love the new Wheaton Regional Park!



It's all right here!

Wheaton Indoor Tennis 'Love' Fest

Sunday, February 8

2-5pm

You're invited to a Love Fest! To thank you for your patience during the long, beleaguered construction process, we're having a party for you. Come help us celebrate the opening of the new Wheaton Indoor Tennis and enjoy:

- ▶ Tennis Games and Prizes
- ▶ Refreshments
- ▶ Giveaways
- ▶ Free Pro Lessons
- ▶ Grand Prize Drawing for FREE court time

The new and vastly improved tennis "bubble" at Wheaton features a new fabric skin, new central heat and air conditioning, new lighting, and new color-coated courts. Come check it out, and join us for the fun at the new Wheaton Indoor Tennis!

Wheaton Indoor Tennis | 11715 Orebaugh Ave. | Wheaton, MD 20902 | 301-649-4049
WheatonTennis.com

Week in the Park

Summer Camps



"Week in the Park" at Wheaton Regional Park is a wonderful week-long summer camp experience for your 6-13 year old kids.

Sports!
Nature!
Fun!

Daily tennis and ice skating, with 2-3 pro lessons in both sports; group playground games; softball

Hikes & activities with professional Naturalists

Day trip to Splash Playground and Mini-Golf, miniature train and carousel, arts & crafts, scavenger hunts, talent shows and much more

Online sneak peek January 1 | Registration opens January 10

301-495-2580 | ParkPASS.org

Indoor Tennis

**Pauline Betz Addie Tennis Center
at Cabin John Regional Park**
10610 Westlake Drive
Rockville, MD 20852
301-469-7300
CabinJohnTennis.com



Wheaton Indoor Tennis
11715 Orebaugh Avenue
Wheaton, MD 20902
301-649-4049
WheatonTennis.com

QuickStart Tennis

Tailor-made for younger kids, QuickStart focuses on letting kids enjoy the experience of hitting balls back and forth. Classes use scaled-down courts and racquets, special balls, and a simplified scoring system, so kids can quickly learn the basic skills and principles of the game. All classes include warm-up and cool-down activities, skill review and practice, and a team game that reinforces tennis skills and tactics.

Pauline Betz Addie Tennis / Cabin John

63909	5-8yrs	5 Classes	\$100	12/7	Su	11:00am-12:00pm
63910	5-8yrs	5 Classes	\$100	12/7	Su	12:00pm-1:00pm
63913	5-8yrs	5 Classes	\$100	12/7	Su	1:00pm-2:00pm
63916	5-8yrs	5 Classes	\$100	12/7	Su	2:00pm-3:00pm
63901	5-8yrs	6 Classes	\$120	12/13	Sa	9:00am-10:00am
63902	5-8yrs	6 Classes	\$120	12/13	Sa	10:00am-11:00am
63904	5-8yrs	6 Classes	\$120	12/13	Sa	11:00am-12:00pm
63903	5-8yrs	6 Classes	\$120	12/13	Sa	12:00pm-1:00pm
63911	5-8yrs	6 Classes	\$120	1/25	Su	11:00am-12:00pm
63912	5-8yrs	6 Classes	\$120	1/25	Su	12:00pm-1:00pm
63915	5-8yrs	6 Classes	\$120	1/25	Su	1:00pm-2:00pm
63914	5-8yrs	5 Classes	\$100	1/25	Su	2:00pm-3:00pm
63905	5-8yrs	6 Classes	\$120	1/31	Sa	9:00am-10:00am
63906	5-8yrs	6 Classes	\$120	1/31	Sa	10:00am-11:00am
63908	5-8yrs	6 Classes	\$120	1/31	Sa	11:00am-12:00pm
63907	5-8yrs	6 Classes	\$120	1/31	Sa	12:00pm-1:00pm

Wheaton Indoor Tennis

63923	5-8yrs	5 Classes	\$90	12/7	Su	9:00am-10:00am
63921	5-8yrs	5 Classes	\$90	12/7	Su	10:00am-11:00am
63918	5-8yrs	6 Classes	\$108	12/13	Sa	9:00am-10:00am
63917	5-8yrs	6 Classes	\$108	12/13	Sa	10:00am-11:00am
63924	5-8yrs	6 Classes	\$108	1/25	Su	9:00am-10:00am
63922	5-8yrs	6 Classes	\$108	1/25	Su	10:00am-11:00am
63920	5-8yrs	6 Classes	\$108	1/31	Sa	9:00am-10:00am
63919	5-8yrs	6 Classes	\$108	1/31	Sa	10:00am-11:00am

Beginner Tennis

Designed for students who have never played tennis. Learn warm-up exercises, how to properly grip a racquet, basic stroke technique and court etiquette. Classes are grouped by age; find yours and sign up!

Beginner, Youth

Pauline Betz Addie Tennis / Cabin John

63599	5-8yrs	5 Classes	\$100	12/10	W	5:00pm-6:00pm
63593	5-8yrs	6 Classes	\$120	12/12	F	6:00pm-7:00pm
63600	5-8yrs	6 Classes	\$120	1/28	W	5:00pm-6:00pm
63594	5-8yrs	6 Classes	\$120	1/30	F	6:00pm-7:00pm

Beginner, Youth (cont.)

Wheaton Indoor Tennis

63597	5-8yrs	6 Classes	\$108	12/9	Tu	4:00pm-5:00pm
63595	5-8yrs	6 Classes	\$108	12/12	F	4:00pm-5:00pm
63598	5-8yrs	6 Classes	\$108	1/27	Tu	4:00pm-5:00pm
63596	5-8yrs	6 Classes	\$108	1/30	F	4:00pm-5:00pm

Beginner, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

63583	9-12yrs	5 Classes	\$100	12/7	Su	11:00am-12:00pm
63586	9-12yrs	6 Classes	\$120	12/9	Tu	5:00pm-6:00pm
63584	9-12yrs	6 Classes	\$120	12/12	F	4:00pm-5:00pm
63588	9-12yrs	6 Classes	\$120	1/25	Su	11:00am-12:00pm
63587	9-12yrs	6 Classes	\$120	1/27	Tu	5:00pm-6:00pm
63585	9-12yrs	6 Classes	\$120	1/30	F	4:00pm-5:00pm

Wheaton Indoor Tennis

63591	9-12yrs	6 Classes	\$108	12/8	M	4:00pm-5:00pm
63589	9-12yrs	5 Classes	\$90	12/11	Th	3:00pm-4:00pm
63592	9-12yrs	5 Classes	\$90	1/26	M	4:00pm-5:00pm
63590	9-12yrs	6 Classes	\$108	1/29	Th	3:00pm-4:00pm

Beginner Plus Tennis

Prerequisite: Beginner class. Students will continue working on fundamental hitting skills: ground shots, lobs, volleys, serves, and overhead skills; as well as basic safety rules, tennis etiquette, and tennis vocabulary. Classes are grouped by age; find yours and sign up!

Beginner Plus, Youth

Pauline Betz Addie Tennis / Cabin John

63569	5-8yrs	5 Classes	\$100	12/7	Su	11:00am-12:00pm
63567	5-8yrs	5 Classes	\$100	12/10	W	5:00pm-6:00pm
63568	5-8yrs	6 Classes	\$120	12/12	F	5:00pm-6:00pm
63571	5-8yrs	6 Classes	\$120	12/13	Sa	1:00pm-2:00pm
63573	5-8yrs	6 Classes	\$120	1/25	Su	11:00am-12:00pm
63570	5-8yrs	6 Classes	\$120	1/28	W	5:00pm-6:00pm
63572	5-8yrs	6 Classes	\$120	1/30	F	5:00pm-6:00pm
63578	5-8yrs	6 Classes	\$120	1/31	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

63574	5-8yrs	5 Classes	\$90	12/7	Su	2:00pm-3:00pm
63575	5-8yrs	5 Classes	\$90	12/10	W	4:00pm-5:00pm
63576	5-8yrs	6 Classes	\$108	12/12	F	5:00pm-6:00pm
63577	5-8yrs	6 Classes	\$108	12/13	Sa	2:00pm-3:00pm
63579	5-8yrs	6 Classes	\$108	1/25	Su	2:00pm-3:00pm
63580	5-8yrs	6 Classes	\$108	1/28	W	4:00pm-5:00pm
63581	5-8yrs	6 Classes	\$108	1/30	F	5:00pm-6:00pm
63582	5-8yrs	6 Classes	\$108	1/31	Sa	2:00pm-3:00pm

Registration Information

DECEMBER classes:
Registration opens
November 21
JANUARY classes:
Registration opens
January 9

No registrations can be processed before these dates.

Four ways to register:

- Go online to ParkPASS.org
- Bring your registration form in person, or mail it to the facility offering the class.
- Call the ParkPASS automated phone system at 301-670-6858.

For your security, we cannot accept faxed registrations.

**WHEATON
INDOOR
TENNIS
"Love" Fest**

**Sunday, February 8,
2:00-5:00pm**

You're invited to a Love Fest! To thank you for your patience during the long construction process at Wheaton, we're having a party for you, with games, prizes, refreshments and more. Check WheatonTennis.com in the coming months for more details, and mark your calendars now!

Beginner Plus, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

63540	9-12yrs	5 Classes	\$100	12/7	Su	1:00pm-2:00pm
63537	9-12yrs	5 Classes	\$100	12/7	Su	4:00pm-5:00pm
63535	9-12yrs	6 Classes	\$120	12/9	Tu	5:00pm-6:00pm
63542	9-12yrs	5 Classes	\$100	12/10	W	6:00pm-7:00pm
63536	9-12yrs	6 Classes	\$120	12/13	Sa	3:00pm-4:00pm
63538	9-12yrs	6 Classes	\$120	1/25	Su	1:00pm-2:00pm
63541	9-12yrs	6 Classes	\$120	1/25	Su	4:00pm-5:00pm
63539	9-12yrs	6 Classes	\$120	1/27	Tu	5:00pm-6:00pm
63550	9-12yrs	6 Classes	\$120	1/28	W	6:00pm-7:00pm
63543	9-12yrs	6 Classes	\$120	1/31	Sa	3:00pm-4:00pm

Wheaton Indoor Tennis

63546	9-12yrs	5 Classes	\$90	12/7	Su	1:00pm-2:00pm
63544	9-12yrs	6 Classes	\$108	12/8	M	6:00pm-7:00pm
63545	9-12yrs	6 Classes	\$108	12/13	Sa	1:00pm-2:00pm
63549	9-12yrs	6 Classes	\$108	1/25	Su	1:00pm-2:00pm
63547	9-12yrs	5 Classes	\$90	1/26	M	6:00pm-7:00pm
63548	9-12yrs	6 Classes	\$108	1/31	Sa	1:00pm-2:00pm

Beginner Plus, Teen

Pauline Betz Addie Tennis / Cabin John

63551	13-17yrs	5 Classes	\$100	12/7	Su	3:00pm-4:00pm
63561	13-17yrs	6 Classes	\$120	12/9	Tu	6:00pm-7:00pm
63554	13-17yrs	5 Classes	\$100	12/11	Th	5:00pm-6:00pm
63552	13-17yrs	6 Classes	\$120	12/12	F	6:00pm-7:00pm
63557	13-17yrs	6 Classes	\$120	12/13	Sa	1:00pm-2:00pm
63556	13-17yrs	6 Classes	\$120	1/25	Su	3:00pm-4:00pm
63562	13-17yrs	6 Classes	\$120	1/27	Tu	6:00pm-7:00pm
63555	13-17yrs	6 Classes	\$120	1/29	Th	5:00pm-6:00pm
63553	13-17yrs	6 Classes	\$120	1/30	F	6:00pm-7:00pm
63559	13-17yrs	6 Classes	\$120	1/31	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

63558	13-17yrs	5 Classes	\$90	12/7	Su	5:00pm-6:00pm
63563	13-17yrs	6 Classes	\$108	12/9	Tu	5:00pm-6:00pm
63565	13-17yrs	6 Classes	\$108	12/13	Sa	4:00pm-5:00pm
63560	13-17yrs	6 Classes	\$108	1/25	Su	5:00pm-6:00pm
63564	13-17yrs	6 Classes	\$108	1/27	Tu	5:00pm-6:00pm
63566	13-17yrs	6 Classes	\$108	1/31	Sa	4:00pm-5:00pm

Beginner Plus, Adult

Pauline Betz Addie Tennis / Cabin John

63502	18 & up	5 Classes	\$100	12/7	Su	12:00pm-1:00pm
63504	18 & up	5 Classes	\$100	12/7	Su	4:00pm-5:00pm
63506	18 & up	6 Classes	\$120	12/9	Tu	7:00pm-8:00pm
63499	18 & up	5 Classes	\$100	12/10	W	1:00pm-2:00pm
63500	18 & up	6 Classes	\$120	12/13	Sa	9:00am-10:00am
63501	18 & up	6 Classes	\$120	12/13	Sa	2:00pm-3:00pm
63503	18 & up	6 Classes	\$120	1/25	Su	12:00pm-1:00pm
63505	18 & up	6 Classes	\$120	1/25	Su	4:00pm-5:00pm
63507	18 & up	6 Classes	\$120	1/27	Tu	7:00pm-8:00pm
63508	18 & up	6 Classes	\$120	1/31	Sa	9:00am-10:00am
63515	18 & up	6 Classes	\$120	1/31	Sa	2:00pm-3:00pm

Wheaton Indoor Tennis

63511	18 & up	5 Classes	\$90	12/7	Su	12:00pm-1:00pm
63509	18 & up	5 Classes	\$90	12/11	Th	2:00pm-3:00pm
63510	18 & up	6 Classes	\$108	12/13	Sa	5:00pm-6:00pm
63514	18 & up	6 Classes	\$108	1/25	Su	12:00pm-1:00pm
63512	18 & up	6 Classes	\$108	1/29	Th	2:00pm-3:00pm
63513	18 & up	6 Classes	\$108	1/31	Sa	5:00pm-6:00pm

First Intermediate Tennis

Students should understand how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. Service returns and approach shots will also be taught. Classes are grouped by age.

First Intermediate, Youth

Pauline Betz Addie Tennis / Cabin John

63641	5-8yrs	5 Classes	\$100	12/7	Su	12:00pm-1:00pm
63637	5-8yrs	5 Classes	\$100	12/10	W	5:00pm-6:00pm
63639	5-8yrs	6 Classes	\$120	12/13	Sa	1:00pm-2:00pm
63642	5-8yrs	6 Classes	\$120	1/25	Su	12:00pm-1:00pm
63638	5-8yrs	6 Classes	\$120	1/28	W	5:00pm-6:00pm
63640	5-8yrs	6 Classes	\$120	1/31	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

63456	5-8yrs	5 Classes	\$90	12/11	Th	4:00pm-5:00pm
63457	5-8yrs	6 Classes	\$108	1/29	Th	4:00pm-5:00pm

First Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

63616	9-12yrs	5 Classes	\$100	12/10	W	6:00pm-7:00pm
63615	9-12yrs	5 Classes	\$100	12/11	Th	5:00pm-6:00pm
63621	9-12yrs	6 Classes	\$120	12/13	Sa	10:00am-11:00am
63620	9-12yrs	6 Classes	\$120	12/13	Sa	2:00pm-3:00pm
63618	9-12yrs	6 Classes	\$120	1/28	W	6:00pm-7:00pm
63617	9-12yrs	6 Classes	\$120	1/29	Th	5:00pm-6:00pm
63622	9-12yrs	6 Classes	\$120	1/31	Sa	10:00am-11:00am
63623	9-12yrs	6 Classes	\$120	1/31	Sa	2:00pm-3:00pm

Wheaton Indoor Tennis

63626	9-12yrs	6 Classes	\$108	12/8	M	5:00pm-6:00pm
63619	9-12yrs	6 Classes	\$108	12/9	Tu	6:00pm-7:00pm
63625	9-12yrs	6 Classes	\$108	12/13	Sa	3:00pm-4:00pm
63627	9-12yrs	5 Classes	\$90	1/26	M	5:00pm-6:00pm
63624	9-12yrs	6 Classes	\$108	1/27	Tu	6:00pm-7:00pm
63628	9-12yrs	6 Classes	\$108	1/31	Sa	3:00pm-4:00pm

First Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

63633	13-17yrs	5 Classes	\$100	12/7	Su	1:00pm-2:00pm
63629	13-17yrs	6 Classes	\$120	12/9	Tu	5:00pm-6:00pm
63630	13-17yrs	6 Classes	\$120	12/13	Sa	12:00pm-1:00pm
63635	13-17yrs	6 Classes	\$120	1/25	Su	1:00pm-2:00pm
63632	13-17yrs	6 Classes	\$120	1/27	Tu	5:00pm-6:00pm
63631	13-17yrs	6 Classes	\$120	1/31	Sa	12:00pm-1:00pm

Wheaton Indoor Tennis

63634	13-17yrs	5 Classes	\$90	12/7	Su	6:00pm-7:00pm
63636	13-17yrs	6 Classes	\$108	1/25	Su	6:00pm-7:00pm

First Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

63601	18 & up	6 Classes	\$120	12/9	Tu	1:00pm-2:00pm
63603	18 & up	6 Classes	\$120	12/9	Tu	6:00pm-7:00pm
63602	18 & up	5 Classes	\$100	12/11	Th	12:00pm-1:00pm
63605	18 & up	5 Classes	\$100	12/11	Th	6:00pm-7:00pm
63604	18 & up	6 Classes	\$120	12/13	Sa	9:00am-10:00am
63610	18 & up	6 Classes	\$120	1/27	Tu	1:00pm-2:00pm
63607	18 & up	6 Classes	\$120	1/27	Tu	6:00pm-7:00pm
63608	18 & up	6 Classes	\$120	1/29	Th	12:00pm-1:00pm
63606	18 & up	6 Classes	\$120	1/29	Th	6:00pm-7:00pm
63613	18 & up	6 Classes	\$120	1/31	Sa	9:00am-10:00am

First Intermediate, Adult (cont.)**Wheaton Indoor Tennis**

63612	18 & up	5 Classes	\$90	12/7	Su	11:00am-12:00pm
63609	18 & up	5 Classes	\$90	12/11	Th	1:00pm-2:00pm
63614	18 & up	6 Classes	\$108	1/25	Su	11:00am-12:00pm
63611	18 & up	6 Classes	\$108	1/29	Th	1:00pm-2:00pm

Second Intermediate Tennis

Students should be able to hit ground strokes, lobs, volleys, serves, service returns and overheads, and rally from the baseline for a total of 10 minutes. Classes are grouped by age; find yours and sign up!

Second Intermediate, Pre-Teen**Pauline Betz Addie Tennis / Cabin John**

63958	9-12yrs	6 Classes	\$120	12/8	M	4:00pm-5:00pm
63959	9-12yrs	6 Classes	\$120	12/12	F	5:00pm-6:00pm
63962	9-12yrs	6 Classes	\$120	12/13	Sa	11:00am-12:00pm
63960	9-12yrs	5 Classes	\$100	1/26	M	4:00pm-5:00pm
63961	9-12yrs	6 Classes	\$120	1/30	F	5:00pm-6:00pm
63963	9-12yrs	6 Classes	\$120	1/31	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

63964	9-12yrs	6 Classes	\$108	12/13	Sa	11:00am-12:00pm
63965	9-12yrs	6 Classes	\$108	1/31	Sa	11:00am-12:00pm

Second Intermediate, Teen**Pauline Betz Addie Tennis / Cabin John**

63970	13-17yrs	6 Classes	\$120	12/9	Tu	6:00pm-7:00pm
63966	13-17yrs	5 Classes	\$100	12/11	Th	5:00pm-6:00pm
63967	13-17yrs	6 Classes	\$120	12/13	Sa	3:00pm-4:00pm
63971	13-17yrs	6 Classes	\$120	1/27	Tu	6:00pm-7:00pm
63968	13-17yrs	6 Classes	\$120	1/29	Th	5:00pm-6:00pm
63969	13-17yrs	6 Classes	\$120	1/31	Sa	3:00pm-4:00pm

Wheaton Indoor Tennis

63466	13-17yrs	6 Classes	\$108	12/13	Sa	7:00pm-8:00pm
63467	13-17yrs	6 Classes	\$108	1/31	Sa	7:00pm-8:00pm

Second Intermediate, Adult**Pauline Betz Addie Tennis / Cabin John**

63927	18 & up	6 Classes	\$120	12/9	Tu	11:00am-12:00pm
63926	18 & up	5 Classes	\$100	12/11	Th	10:00am-11:00am
63925	18 & up	5 Classes	\$100	12/11	Th	6:00pm-7:00pm
63928	18 & up	6 Classes	\$120	12/13	Sa	11:00am-12:00pm
63931	18 & up	6 Classes	\$120	1/27	Tu	11:00am-12:00pm
63930	18 & up	6 Classes	\$120	1/29	Th	10:00am-11:00am
63929	18 & up	6 Classes	\$120	1/29	Th	6:00pm-7:00pm
63932	18 & up	6 Classes	\$120	1/31	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

63933	18 & up	6 Classes	\$108	12/8	M	7:00pm-8:00pm
63935	18 & up	6 Classes	\$108	12/13	Sa	6:00pm-7:00pm
63934	18 & up	5 Classes	\$90	1/26	M	7:00pm-8:00pm
63936	18 & up	6 Classes	\$108	1/31	Sa	6:00pm-7:00pm

Third Intermediate Tennis

Students should have a thorough understanding of tennis, including offensive and defensive shots, rules and strategies to win points, games, and matches. This is the highest level for children under 18. Classes are grouped by age; find yours and sign up!

Third Intermediate, Pre-Teen**Pauline Betz Addie Tennis / Cabin John**

63435	9-12yrs	6 Classes	\$132	12/8	M	5:00pm-6:00pm
63436	9-12yrs	5 Classes	\$110	1/26	M	5:00pm-6:00pm

Wheaton Indoor Tennis

63437	9-12yrs	5 Classes	\$100	12/10	W	5:00pm-6:00pm
63438	9-12yrs	6 Classes	\$120	1/28	W	5:00pm-6:00pm

Third Intermediate, Teen**Pauline Betz Addie Tennis / Cabin John**

63442	13-17yrs	5 Classes	\$110	12/7	Su	4:00pm-5:00pm
63441	13-17yrs	6 Classes	\$132	12/8	M	6:00pm-7:00pm
63445	13-17yrs	6 Classes	\$132	1/25	Su	4:00pm-5:00pm
63444	13-17yrs	5 Classes	\$110	1/26	M	6:00pm-7:00pm

Wheaton Indoor Tennis

63443	13-17yrs	5 Classes	\$100	12/10	W	6:00pm-7:00pm
63446	13-17yrs	6 Classes	\$120	1/28	W	6:00pm-7:00pm

Third Intermediate, Adult**Pauline Betz Addie Tennis / Cabin John**

63972	18 & up	5 Classes	\$110	12/11	Th	6:00pm-7:00pm
63973	18 & up	6 Classes	\$132	1/29	Th	6:00pm-7:00pm

Wheaton Indoor Tennis

63974	18 & up	6 Classes	\$120	12/9	Tu	7:00pm-8:00pm
63975	18 & up	6 Classes	\$120	1/27	Tu	7:00pm-8:00pm

Cardio Tennis

This new, fun group activity features drills that will give players of all abilities an ultimate, high-energy workout. Classes include warm-up, cardio workout, and cool-down phases. Looking for a great new way to get in shape and burn calories? This is it!

Pauline Betz Addie Tennis / Cabin John

63517	18 & up	5 Classes	\$110	12/7	Su	2:00pm-3:00pm
64149	18 & up	5 Classes	\$110	12/7	Su	3:00pm-4:00pm
63516	18 & up	6 Classes	\$132	12/9	Tu	12:00pm-1:00pm
63520	18 & up	5 Classes	\$110	12/11	Th	11:00am-12:00pm
64151	18 & up	6 Classes	\$132	12/13	Sa	10:00am-11:00am
63518	18 & up	6 Classes	\$132	12/13	Sa	12:00pm-1:00pm
63523	18 & up	6 Classes	\$132	1/25	Su	2:00pm-3:00pm
64150	18 & up	6 Classes	\$132	1/25	Su	3:00pm-4:00pm
63521	18 & up	6 Classes	\$132	1/27	Tu	12:00pm-1:00pm
63522	18 & up	6 Classes	\$132	1/29	Th	11:00am-12:00pm
64152	18 & up	6 Classes	\$132	1/31	Sa	10:00am-11:00am
63519	18 & up	6 Classes	\$132	1/31	Sa	12:00pm-1:00pm

Cardio Tennis (at Wheaton) continues next page...





Open early
December for...

- Group Lessons
- Spot Time
(at seasonal court
rates until Jan. 7!)
- New 15-week tennis
season runs
January-April 2009
- New 32-week
tennis season runs
September 2009-
April 2010

Visit
WheatonTennis.com
for more details

Cardio Tennis (cont.)

Wheaton Indoor Tennis

63528	18 & up	5 Classes	\$100	12/7	Su	7:00pm-8:00pm
63527	18 & up	5 Classes	\$100	12/10	W	3:00pm-4:00pm
63526	18 & up	5 Classes	\$100	12/11	Th	12:00pm-1:00pm
63525	18 & up	6 Classes	\$120	12/12	F	7:00pm-8:00pm
63524	18 & up	6 Classes	\$120	12/13	Sa	9:00am-10:00am
63529	18 & up	6 Classes	\$120	1/25	Su	7:00pm-8:00pm
63530	18 & up	6 Classes	\$120	1/28	W	3:00pm-4:00pm
63531	18 & up	6 Classes	\$120	1/29	Th	12:00pm-1:00pm
63532	18 & up	6 Classes	\$120	1/30	F	7:00pm-8:00pm
63533	18 & up	6 Classes	\$120	1/31	Sa	9:00am-10:00am

Advanced Adult Tennis

Prerequisite: Mastery of all Intermediate level skills. Provides an advanced player with offensive and defensive strategies, keying in on positioning and shot placement. Special attention paid to closing point, analysis of match play situations, and an introduction to mental toughness training.

Pauline Betz Addie Tennis / Cabin John

63458	18 & up	6 Classes	\$132	12/12	F	7:00pm-8:00pm
63459	18 & up	6 Classes	\$132	1/30	F	7:00pm-8:00pm

Match Play Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Eric Zatman at ezatman@aol.com, or call at 301-869-9753.

Pauline Betz Addie Tennis / Cabin John

63421	18 & up	6 Classes	\$132	12/8	M	7:00pm-8:00pm
63417	18 & up	6 Classes	\$132	12/8	M	8:00pm-9:00pm
63418	18 & up	6 Classes	\$132	12/9	Tu	7:00pm-8:00pm
63419	18 & up	6 Classes	\$132	12/9	Tu	8:00pm-9:00pm
63420	18 & up	5 Classes	\$110	12/10	W	7:00pm-8:00pm
63424	18 & up	5 Classes	\$110	12/10	W	8:00pm-9:00pm
63429	18 & up	6 Classes	\$132	12/12	F	5:00pm-6:00pm
63430	18 & up	6 Classes	\$132	12/12	F	6:00pm-7:00pm
63431	18 & up	6 Classes	\$132	12/12	F	7:00pm-8:00pm
63426	18 & up	5 Classes	\$110	1/26	M	7:00pm-8:00pm
63427	18 & up	5 Classes	\$110	1/26	M	8:00pm-9:00pm
63422	18 & up	6 Classes	\$132	1/27	Tu	7:00pm-8:00pm
63423	18 & up	6 Classes	\$132	1/27	Tu	8:00pm-9:00pm
63428	18 & up	6 Classes	\$132	1/28	W	7:00pm-8:00pm
63425	18 & up	6 Classes	\$132	1/28	W	8:00pm-9:00pm
63440	18 & up	6 Classes	\$132	1/30	F	5:00pm-6:00pm
63439	18 & up	6 Classes	\$132	1/30	F	6:00pm-7:00pm
63434	18 & up	6 Classes	\$132	1/30	F	7:00pm-8:00pm

Wheaton Indoor Tennis

63355	18 & up	6 Classes	\$120	12/9	Tu	12:00pm-1:00pm
63356	18 & up	6 Classes	\$120	12/9	Tu	1:00pm-2:00pm
63357	18 & up	6 Classes	\$120	12/12	F	12:00pm-1:00pm
63358	18 & up	6 Classes	\$120	12/12	F	1:00pm-2:00pm
63359	18 & up	6 Classes	\$120	1/27	Tu	12:00pm-1:00pm
63360	18 & up	6 Classes	\$120	1/27	Tu	1:00pm-2:00pm
63361	18 & up	6 Classes	\$120	1/30	F	12:00pm-1:00pm
63362	18 & up	6 Classes	\$120	1/30	F	1:00pm-2:00pm

Junior Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Melvin Jenkins at 301-345-1214. Registrations accepted in person only.

Pauline Betz Addie Tennis / Cabin John

63899	All Ages	5 Classes	\$110	12/7	Su	3:00pm-4:00pm
63900	All Ages	6 Classes	\$132	1/25	Su	3:00pm-4:00pm

Adult Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Eric Zatman at ezatman@aol.com, or call at 301-869-9753. Registrations accepted in person only.

Pauline Betz Addie Tennis / Cabin John

63447	18 & up	5 Classes	\$225	12/10	W	11:00am-1:00pm
63448	18 & up	5 Classes	\$225	1/28	W	11:00am-1:00pm

Parent & Child Tennis

This class is designed to teach both parents and children (5-8 years old) the fundamental skills of tennis at a Beginner/Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Fee covers one parent and one child; please register only the child.

Wheaton Indoor Tennis

64201	5-8yrs	5 Classes	\$105	12/7	Su	3:00pm-4:00pm
64200	5-8yrs	6 Classes	\$126	12/12	F	6:00pm-7:00pm
64199	5-8yrs	6 Classes	\$126	12/13	Sa	11:00am-12:00pm
64204	5-8yrs	6 Classes	\$126	1/25	Su	3:00pm-4:00pm
64202	5-8yrs	6 Classes	\$126	1/30	F	6:00pm-7:00pm
64203	5-8yrs	6 Classes	\$126	1/31	Sa	11:00am-12:00pm

Parent & Pre-Teen Tennis

This class is designed to teach both parents and children (9-12 years old) the fundamental skills of tennis at a Beginner/Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Fee covers one parent and one child; please register only the child.

Wheaton Indoor Tennis

64207	9-12yrs	5 Classes	\$105	12/7	Su	4:00pm-5:00pm
64205	9-12yrs	5 Classes	\$105	12/11	Th	6:00pm-7:00pm
64206	9-12yrs	6 Classes	\$126	12/13	Sa	12:00pm-1:00pm
64210	9-12yrs	6 Classes	\$126	1/25	Su	4:00pm-5:00pm
64208	9-12yrs	6 Classes	\$126	1/29	Th	6:00pm-7:00pm
64209	9-12yrs	6 Classes	\$126	1/31	Sa	12:00pm-1:00pm

Montgomery Parks Registration Information

Maryland-National Capital Park and Planning Commission

Before You Register

- Open a ParkPASS account at ParkPASS.org.
- Allow up to two (2) business days to receive the ParkPASS email with your new Customer Number/s and Account PIN.

Ready to Register?



Online

Online registration is available at ParkPASS.org 24 hours a day, beginning at 12:01 a.m. on the first day of registration. Have your ParkPASS customer number and PIN number on hand, and go to ParkPASS.org. You may view courses and activities, sign up for a course, make a payment, and view your course registration/s.



In Person or by Mail

Complete the "Parks" section of the registration form on page 144 (at bottom of page, in green). Take the completed registration form in person to any ParkPASS facility, or mail the form to the facility offering the course you want (copies of the form are accepted). See pages 96-97 for a list of Montgomery Parks facility addresses, phone numbers and web sites.



By Phone

Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Telephone registration is available 24 hours a day, beginning at 12:01 a.m. on the first day of registration. Be sure to have your ParkPASS customer number, Account PIN number and course number/s at hand before you call.

Questions?

If you have a question about a specific course or activity, call the facility offering the course (see pages 96-97 for phone numbers). If you have a question about the ParkPASS system or your ParkPASS account, call the ParkPASS Help Desk Monday-Friday, 10am-2pm, at 301-495-2580, or email us at MCP-ParkPASSHelp@MontgomeryParks.org.

Confirmation

Confirmation letters are not mailed. If you register online, you may want to print out the confirmation message you receive on ParkPASS. Otherwise, you may call the facility directly (see pages 96-97 for facility phone numbers).

Payment Information

- Full payment must be made at the time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (automated registration at 301-670-6858), or online at www.ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance: A 50% fee reduction on programs is available to eligible Montgomery County residents. See www.ParkPASS.org for information and application form.
- Remember, you can stop by any of our ParkPASS facilities (see pages 96-97) and register in person or make a payment on your ParkPASS account. These funds will then be available to you next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure; Montgomery Parks uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

Refund Policy

- In the event that Montgomery Parks cancels a course, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.
- In order to withdraw from a course, submit a written request to the hosting facility. If it is received at least one business day before the course begins, you may elect to receive a full credit to your ParkPASS account for future courses, or a refund less a 20% administrative fee. For courses with fees less than \$10, you will receive a credit to your ParkPASS account only; no refunds will be given.
- If your written withdrawal request is received the day of the course, no refund will be given for that class. If the course has multiple classes and you submit a written request after the first class, you will receive a credit to your ParkPASS account or a refund for the remaining classes less a 20% administrative fee. No credit or refund will be issued after the second class in a series has met.
- No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Please allow 3-4 weeks to receive check refunds.
- Some activities have different refund/withdrawal policies that supersede this standard policy.

REGISTRATION INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 91).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, at left.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.

- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Cancellation Policy: The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a Written Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Don't Be Confused!

Montgomery County **Department of Recreation** and Montgomery County **Department of Parks** are two separate agencies, with separate customer records, course enrollment guidelines, etc. We publish the Guide together, so that you can get information about all the great Montgomery County courses in one handy Program Guide. Just remember...



= ROSE



= GREEN

RECREATION courses are on the **ROSE** tabbed pages at the front of the Guide. **PARKS** courses are on the **GREEN** tabbed pages in the second half of the Guide. Same thing for the registration form: **RECREATION = ROSE, PARKS = GREEN**

- ➞ Want to enroll in a **RECREATION** course?
Read the registration information on **page 142**, then fill out the **ROSE** section of the registration form.
- ➞ Want to enroll in a **PARKS** course?
Read the registration information on **page 141**, then fill out the **GREEN** section of the registration form.
- ➞ Want to enroll in **BOTH** a **PARKS** course and a **RECREATION** course?
 1. Make a copy of the registration form (or as many copies as you need).
 2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment (see page 141 for details).
 3. Fill out the **ROSE** section for the **RECREATION** course, and fax, mail, or bring the form in person to the appropriate Recreation location (see page 142 for details).

Got a question? Call us!

240-777-6840 • RECREATION

301-495-2580 • PARKS



This form may be duplicated.

Registration Form



Save Time
Register Online

Main Contact

Last Name _____
First Name _____ Middle Initial _____
Birth Date _____ Gender _____
Street Address _____
City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____
Cell Phone _____ Email _____

Additional Family Members

Last Name	First Name	Birth Date mm/dd/yy	Gender M/F	Grade
1) _____	_____	_____	_____	_____
2) _____	_____	_____	_____	_____
3) _____	_____	_____	_____	_____

Payer Information (Name)

Address _____ Phone _____
City _____ State _____ Zip _____

SIGN UP BELOW FOR RECREATION PROGRAMS (Rose Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

RECREATION

Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Recreation Dept. Fee

☐ Check or Money Order payable to **MCRD**
Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

If you are a non-resident, include an additional \$10 per participant for each activity:

☐ MasterCard or Visa Cardholder Name (print) _____

RECREATION Programs Fee Total:

Number _____ Exp date _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

PARKS

Participant's Name (last, first)	Birth Date	Gender m/f	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

☐ Check or Money Order payable to **M-NCPPC**

Please mail or bring this form to the ParkPASS facility offering the course/s you want (see pages 96-97 for facility locations).

Or register online at ParkPASS.org! Questions about Parks courses or registration? Call us at 301-495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____

Get a jump on Summer!

Camps and summer programs for every age, schedule, and interest!

Sports, music, science, art, drama, nature, and more.

Full and Half-Day Programs

Look for our brochure in early January!

Montgomery County
RECREATION
DEPARTMENT

Registration begins January 20.

www.montgomerycountymd.gov/rec





Summer Programs in the Parks!

June-August
■
**Full and Half-Day
Programs**

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Ice Skating, Hockey, Tennis,
Outdoor and Nature Programs,
Week in the Park Day Camp
and more...

Sneak peek begins January 1
Registration begins January 10
www.ParkPASS.org



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland
20902

PRSRT STD
US Postage Paid
Rockville, MD
Permit No.138



Montgomery County Recreation
Department recycles paper, bottles,
and cans in our programs.

or current resident